



3.3.1 - Extension activities are carried out in the neighbourhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year

2023- 2024

Link: <https://hkcp.edu.in/site/social-activities/>

Index

Sr No	Name of Activity
1	Blood donation camp
2	Tree plantation drive
3	Visit to old age home
4	Ayushman card campaign
5	World Cancer Day
6	International Day of Person disability
7	Mango seed donation drive
8	Blood Donation Camp
9	Old Age Home at Andheri (west) Visit with Donation of Food Supplies
10	Awareness on dental checkup
11	Typhoid Awareness
12	TB Awareness
13	World nature conservation Day
14	Eye Check up
15	Awareness campaign on menstrual hygiene in orphanage



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

DATE: 11th June, 2024

TITLE: Blood donation Camp Held at HKCP

Mumbai 11th June, 2024 : An altruistic action of organizing a blood donation camp was taken by extension and outreach committee in collaboration with internal quality assurance cell (IQAC) of H.K College of Pharmacy on 11th June, 2024.

OBJECTIVES :

- The primary objective of the blood donation camp was to save lives by collecting and providing a steady supply of blood to hospitals.
- To help raise awareness about the importance of donating blood regularly.
- To promote community engagement and solidarity.
- To use blood donation camps as educational opportunities to teach donors about the importance of maintaining a healthy lifestyle.

DETAILS OF THE EVENTS : This humanitarian initiative of blood donation was taken in association with Deepak Foundation's Anvishka Blood Bank and our institution felt obliged to be a part of such a noble cause. Mr. Wasim Khan was regarded as the chief guest of this auspicious occasion. The event was inaugurated by Mr. Wasim Javed Khan General Secretary of Maharashtra Educational Society and headed by Principle Dr. Tushar Lokhande . At 10:30 am the blood donation programme was started and the donors were required to register upon arrival, providing necessary details such as contact information and medical history. This information was crucial for screening potential donors for eligibility. The programme was held in a clean and hygienic environment .The blood bank team included quiet experienced and qualified doctors and technicians .The donors underwent a requisite and mandatory health check up before donation .The prerequisite of donating blood was a five year blood bank insurance facilitated by Anviksha blood bank. Extension and outreach committee faculty in charges Dr. Sheela Yadav and Ms. Nikhat Khan were constantly present and were monitoring the easy flow of all the activities.

HIGHLIGHTS OF THE EVENT :

Certificates as Tokens of Appreciation: Each donor received a certificate of appreciation as a small token of gratitude for their contribution to the cause.

Refreshments and Post-Donation Care: After donating blood, donors were provided with refreshments and instructed to rest for a brief period.

Felicitation of the doctor : Our honourable Principal Dr. Tushar Lokhande felicitated the Dr. Devang Shah of Anvishka Blood Bank for organizing this noble event.

Pre-Camp Promotion: The outreach team, along with college volunteers, conducted a robust promotional campaign in the weeks leading up to the camp. This included posters, social media announcements, and informational sessions to educate potential donors about the benefits of blood donation. An enthusiastic response was received from students of all the years who cordially volunteered for the event.



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

Total Number of Volunteers : 9

The brochures of the events are depicted above.

Total Number of Donors : A high enthusiasm was seen in all the students , college faculty and outside doners towards the Blood Donation Camp and total **28 people** donated blood. A total 350 units of blood was collected from each donor.

Number of college students, Faculties and staff: 17

Number of outsiders: 11

Links for social media:

Instagram: https://www.instagram.com/p/C8JIP2UI7kR/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==

Facebook: <https://www.facebook.com/photo/?fbid=902881981851445&set=a.470185965121051>

1

GLIMPSE OF THE EVENT:







MAHARASHTRA EDUCATIONAL SOCIETY'S
H.K. COLLEGE OF PHARMACY
 NAAC Accredited with grade 'A' (First Cycle)



**Extension and Outreach
 Committee**
 In Collaboration with
 Internal Quality Assurance
 Cell (IQAC)



**ORGANIZES
 BLOOD DONATION CAMP**



JUNE 11, 2024

**'ALONE I CAN'T. BUT
 TOGETHER WE CAN'**



**DONATE BLOOD,
 SAVE LIVES,
 AND BE A HERO !!!**

To be recognized as the institution providing quality education in pharmacy to serve the healthcare sector.



MAHARASHTRA EDUCATIONAL SOCIETY'S
H. K. COLLEGE OF PHARMACY
 NAAC Accredited with grade 'A' (First Cycle)



Who all can donate?

- Age between 18 and 60 years
- Haemoglobin - not less than 12.5 g/dl

**We humbly request you
 all to donate generously!**

Venue - Lecture Hall No. 209,
 2nd Floor, HKCP.
 Timing - 10 am to 4 pm.

**CERTIFICATE AND CARD WILL BE PROVIDED
 VALIDITY: 5 YEARS.**

REFRESHMENT WILL ALSO BE PROVIDED.

ORGANIZING COMMITTEE

Student Council

Wafia Khan
 GENERAL SECRETARY

ALI RIZVI
 STUDENT HEALTH
 OFFICER

Faculty In-Charge

Dr. Tushar Lokhande
 PRINCIPAL

Dr. Sheela Yadav
 EXTENSION AND OUTREACH
 COMMITTEE IN-CHARGE


To be recognized as the institution providing quality education in pharmacy to serve the healthcare sector.




https://drive.google.com/drive/folders/IurCkCUUXgmhrxLeLQ_yb6BQoTc0LYHTO

CONCLUSION: The Blood Donation Camp organized by outreach team at HKCP was a commendable effort that contributed significantly to the well-being of the community. It not only saved lives but also promoted a culture of empathy, responsibility, and humanitarianism among the college's stakeholders.

EVENT CO ORDINATORS:


DR. SHEELA YADAV
(FACULTY INCHARGE)


MS. NIKHAT KHAN
(FACULTY INCHARGE)




DR. TUSIAR LOKHANDE
PRINCIPAL

PRINCIPAL
H.K. COLLEGE OF PHARMACY
Jogeswari (W), Mumbai-400 102



MAHARASHTRA EDUCATIONAL SOCIETY'S

H. K. COLLEGE OF PHARMACY

PRATIKSHA NAGAR OSHIWARA, JOGESHWARI (W), MUMBAI 400102

Affiliated to Mumbai University, Approved by A.I.C.T.E. , P.C. I., D.T.E. & Govt. of Maharashtra

University Code: 738 A.I.C.T.E Approval No. 06/07/MS/PHARM/2008/007 D.T.E Code No. PH3234

VISION: To Be recognized as the Institution providing quality education in Pharmacy to serve the health care sector

Date:3/10/2023

REPORT ON: TREE PLANTATION DRIVE

Date:29th September,2023

Time: 12:30 PM

Theme: "Together, we can make a difference, one tree at a time!"

Organized by: PHO Committee, H.K. College of Pharmacy, Jogeshwari(W)

On the occasion of Founder's Day H.K. College of Pharmacy has organized " A Tree Plantation Drive " In commemoration of Late Prof. Javed Khan.

Every year, we celebrate our Founders Day on 1st October, Maharashtra Education Society commemorated its Founder's Day by incorporating noble causes like Blood Donation and Tree Plantation Drive, Beach Cleanup Drive. Keeping in view the occasion of Founder's Day of the H.K. College, decided to initiate the Tree Plantation Drive, in the college premises. It was 30th September 2023; at 12:30 pm, H.K. College of Pharmacy, Jogeshwari(W) organized a program to plant 30 saplings and young trees to celebrate the Founder's Day. Students of the H.K. College enthusiastically participated in the event and witnessed its successful conduction. The objective of this event is to teach students, that, future mankind depends on the way we interact with our environment and the way we handover a healthy and resourceful environment to the future generation, also to express our concern towards the environment.

Students and faculty members were asked to reach towards the site at 12'O clock.

Principal of H.K.College, Dr Tushar Lokhande inaugurated Tree Plantation Drive by planting a tree in H.K. Campus Medicinal garden with a faculty and group of students. Then after, students individually & in group planted almost 30 sapling and trees in Medicinal plant garden & campus. PHO member Mrs. Dipti Chirmade, Ms Nikhat Khan Coordinated the event.



MAHARASHTRA EDUCATIONAL SOCIETY'S

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VISION: To Be recognized as the Institution providing quality education in Pharmacy to serve the health care sector

Plants were brought by the students and faculty. About 30 plants were planted by students and faculty at our campus and then subsequently watered. Students also made some posters and banners on the importance of tree plantations. We passed banners and posters in the area so that people read these and know the importance of tree plantation. The main purpose of this event was to enhance awareness about the importance of tree plantations and to promote environmental values and Institutional Social responsibility.

Link for social media:

Instagram:

https://www.instagram.com/p/Cx7nGUioP90/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==

linkedin:

https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_on-maharashtra-educational-societys-founder-activity-7114905773624729600-q33o?utm_source=share&utm_medium=member_desktop

facebook:

<https://www.facebook.com/photo/?fbid=742078924598419&set=a.470185965121051>

DH
3/10/23
Mrs. Dipti H.Chormade
Prepared By,



Thande
Dr. Tushar Lokhande
Principal
PRINCIPAL
H.K.COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai-400 102



MAHARASHTRA EDUCATIONAL SOCIETY'S

H. K. COLLEGE OF PHARMACY

PRATIKSHA NAGAR OSHIWARA, JOGESHWARI (W), MUMBAI 400102

Affiliated to Mumbai University, Approved by A.I.C.T.E., P.C.I., D.T.E. & Govt. of Maharashtra

University Code: 738 A.I.C.T.E Approval No. 06/07/MS/PHARM/2008/007 D.T.E Code No. PH3234

VISION: To Be recognized as the Institution providing quality education in Pharmacy to serve the health care sector

PHOTO GALLERY





MAHARASHTRA EDUCATIONAL SOCIETY'S
H. K. COLLEGE OF PHARMACY

PRATIKSHA NAGAR OSHIWARA, JOGESHWARI (W), MUMBAI 400102

Affiliated to Mumbai University, Approved by A.I.C.T.E., P.C. I., D.T.E. & Govt. of Maharashtra

University Code: 73B A.I.C.T.E Approval No. 06/07/MS/PHARM/2008/007 D.T.E Code No. PH3234

VISION: To Be recognized as the Institution providing quality education in Pharmacy to serve the health care sector



MES MAHARASHTRA EDUCATIONAL SOCIETY'S H.K. COLLEGE OF PHARMACY

PHIO
 PUBLIC HEALTH ORGANIZATION 2022-24

ORGANISES
TREE PLANTATION
 ON THE OCCASION OF
 FOUNDERS' DAY
30 SEPTEMBER, 2023
 LET'S PLANT TREE TOGETHER

VISION: TO BE RECOGNIZED AS THE INSTITUTION PROVIDING QUALITY EDUCATION IN PHARMACY TO SERVE THE HEALTH CARE SECTOR

MES MAHARASHTRA EDUCATIONAL SOCIETY'S H.K. COLLEGE OF PHARMACY

**E-CERTIFICATE
 WILL BE PROVIDED**

VENUE: GROUND FLOOR,
 HKCP CAMPUS
 TIMING: 12PM TO 1 PM

ORGANIZING COMMITTEE

DR. TUSHAR LOKHANDE
 PRINCIPAL

MRS. DIFTHI CHIRMADE
 MS. NIKHAT KHAN
 PNO MEMBER

VISION: TO BE RECOGNIZED AS THE INSTITUTION PROVIDING QUALITY EDUCATION IN PHARMACY TO SERVE THE HEALTH CARE SECTOR



**Maharashtra Educational Society
H.K College Of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra**

Date: 15th June 2024

Title: A visit to old age home to donate supplies

Objectives:

- To provide companionship and to gain knowledge about elder people's feelings and the services and facilities provided to them and how the old age home is maintained.
- The goal of this event was to inspire and empower youth to contribute actively to societal progress.

Participants Details:

Total no. of college students: 5

Total no. of outside students: 0

Total no. of Faculties: 3

Social Media Link:

Instagram Link: <https://www.instagram.com/p/C8ZHjoG1wjl/>

Facebook Link :

<https://www.facebook.com/photo/?fbid=906868408119469&set=a.470185965121051>

Linkedin : <https://www.linkedin.com/feed/update/urn:li:share:7209128414409072641/>

Key Outcome of activity:

- The activity sensitized the students and the faculty members towards life.
- It turned out to be a memorable day for everyone who participated in the noble work and positive feedback was received from the elder people in the form of their smiles.
- Importance of community engagement was inculcated in the students.

Key Highlights of activity:

- Community engagement
- Awareness building
- Positive impact on lives
- Social Responsibility



Maharashtra Educational Society
H.K College Of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra


Photo Gallery:



Event Coordinators:

Ms. Nikhat Khan 
Extension and Outreach Committee incharge

Dr. Roja rani Budha 
Ms. Saba Khan 


Dr. Tushar N. Lokhande
(Principal)



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

Title: A camp on "Ayushman Bharat Card" and campaign in collaboration with Sutantra Narayani Seva Trust .

Details of The Resource Person/Event: Sutantra Narayani Seva Trust.

Date: 10 th February 2024

Time: 04:00 pm onwards

Venue: Patliputra, MHADA Building, Oshiwara, Jogeshwari-West.

Organised by: Dr Sheela Yadav

Objectives: To create awareness regarding "Benefits of Ayushman Bharat Card"

Link for social media: Linked In:

Instagram: https://www.instagram.com/p/C3UXRdSILEA/?utm_source=ig_web_copy_link&igsh=MzRIODBINWFIZA==

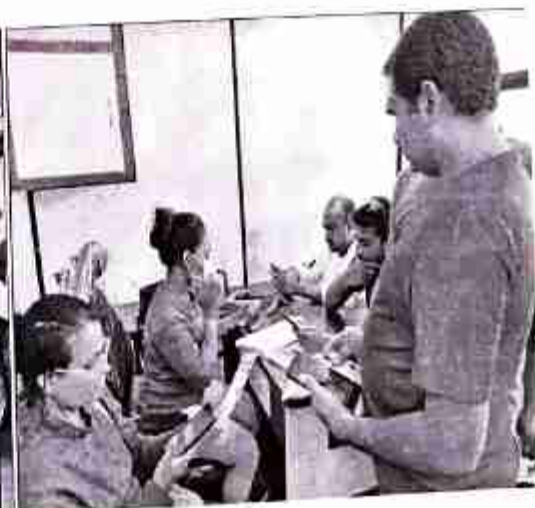
facebook: <https://www.facebook.com/photo/?fbid=2084739421865733&set=a.218019115204449>

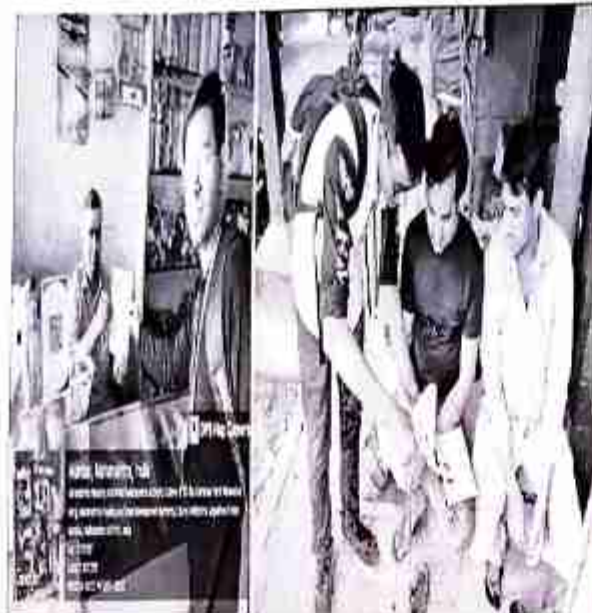
LinkedIn: https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_activity-7163421939414380544-uJC?utm_source=share&utm_medium=member_desktop

Participants Details: Total no. of college students: 9, Total no of Faculties: 1

Key Highlights of the Activity/Lecture: To support **Pradhan Mantri Jan Arogya Yojana** and to help community, PHO cell of H K college of Pharmacy has organized a camp on "**Ayushman Bharat Card**" and campaign in collaboration with **Sutantra Narayani Seva Trust** on 10th February 2024. 58 beneficiaries were benefited due to efforts taken by Principal Dr. Tushar Lokhande, lecturer in-charge Dr. Sheela Yadav , GS Wallia , Ali Rizvi, PHO cell member students and kind help of NGO team members.

Brochure/Photo Gallery:





MAHARASHTRA EDUCATIONAL SOCIETY'S
H.K. COLLEGE OF PHARMACY MES
 In Collaboration with
SUTANTRA NARAYANI SEVA TRUST
 Organises
AYUSHMAN CARD CAMPAIGN

10th February, 2024

TIMING:
 Saturday : From 4pm Onwards

VENUE:
 Pataliputra, MHADA Building,
 Goshiwara, Jogeshwari-West.

ORGANIZING COMMITTEE

DR. TUSHAR LOKHANDE PRINCIPAL	DR. SHEELA YADAV PHD HEAD MS. NIKHIL KHAN Lecturer, Pharmacology
WALID KHAN GENERAL SECRETARY	ALI RIZVI PHD STUDENT-HEAD

Ans
Event Coordinators
Dr Sheela Yadav

Thanks
Dr. Tushar N. Lokhande
Principal



PRINCIPAL
H.K. COLLEGE OF PHARMACY
 Jogeshwari (W), Mumbai-400 102

Maharashtra Educational Society's

H K College of Pharmacy

Oshiwara, Jogeshwari (W), Mumbai: 400102.

SUBJECT: PERMISSION FOR VISIT IN VICINITY FOR AYUSHMAN CARD CAMPAIGN.

Date : 10/02/2024

Body:

Respected Sir.

Mention bellow are the students who are the volunteers for Ayushman card campaign organised by PHO Committee at MHADA building in the vicinity of our college under the guidance of Dr.Sheela Yadav PHO Head in collaboration with Sutantra Narayani Seva Trust.We will be leaving at 4:00 pm from the college premises.

THIRD YEAR

Name	Roll no	DIVISION
Walia Khan (General Secretary)	41	A
Ali Rizvi (PHO Head)	65	B

SECOND YEAR

Name	DIVISION
Aquib Hussain Shoaib khan Pradeep Goswami Praful Pandey	A

TEACHER INCHARGE

DR.SHEELA YADAV



Thank

DR.TUSHAR LOKHANDE

PRINCIPAL

PRINCIPAL

H.K.COLLEGE OF PHARMACY

Jogeshwari (W), Mumbai-400102

Sangham Society SRA, sv road Patliputra

Ayushman card

SRA (Patliputra)

DATE 11/2/24

- 1) Aysha ~~Sharma~~ Chaurani → 877 9457371
- 2) ~~Srisantosh~~ Sanjay → 9869106812 (Ayushma)
- 3) Mukesh Rajbhar → 8423593350 (Ayushma)
- 4) Himanshu Ansh Sharma → 8169824966
- 5) Sumanth Sharma → 9321024401
- 6) Anurag Kumar Sharma → 9821302514
- 7) Chandani Shah → 8976115098
- 8) Masuliah Shah → 9920475007
- 9) Pratik Kumar Sharma → 7045944765
- 10) Padmini Saloni → 9702687214
- 11) Dinesh Kumar → 9004046625
- 12) Ramchandra Rajbhar → 9699172381
- 13) Pallavi Salmani → 9702687214
- 14) Manjita Goswami → 9769989957
- 15) Rajendra Dasgupta → 98925862670 (Abha)
- 16) Vivek Yadav → 9268844991
- 17) Shobhit Raju
- 18) Ganesh Sahani → 8923194215
- 19) Sahil Shah → 9920482106
- 20) Jagdish Goswami → 9820220610 (Abha)
- 21) Subhash Kumar Sharma → 9594250049
- 22) Mittal Shah → 9967563616
- 23) Pawan Patidar → 9610700326 (Abha)
- 24) Om Prakash → 9820850804
- 25) Seeta Devi Sanjay → 9869106812
- 26) Irmam Shah → 9921556273
- 27) Manish Gupta → 9005223621
- 28) Rafiq Gajjar Khans → 9833274068
- 29) Ranuani Lal → 9076353363
- 30) Anjali → 895201340
- 31) Mohammed Shah → 9967990204



8976419305

Fahai Shakti

992048200

R-2-24

- 31) Nirafaj → 7619817810
- 32) Hadisran Azam Shakti → 9967992011
- 33) Nadirah Khairat Mujawan → 9322299647
- 34) Habibulla Salman → 9892245267
- 35) Amrita Yadav → 7039981916
- 36) Urmala Devi → "
- 37) Anifa → 8097584561
- 38) Zaki → "
- 39) Motamad husain → 9892647423
- 40) Ansari Samina Mohd Ali Samina → 9967494790
- 41) Mohammed Yusef → 9819928032
- 42) Tanveer Anif A → 9892145966
- 43) Dhanendra Prasad Yadav → 8097483757
- 44) Dinnath Yadav → 9930389238
- 45) Nalin Shetty → 9619835384
- 46) Shetty Nalin → "
- 47) Shamika Shetty → "
- 48) Salima Shah → 7267302780
- 49) Balkrishna Shikf → "
- 50) Amrin → 9892226073
- 51) Asha Shetty → 9619835384
- 52) Salim Yashmulla → 9871441612
- 53) Mohammed Faisal → 7208203514
- 54) Sameer moosa Deytan → 868982335 868982335
- 55) Akis Adstah Khan → 9769125936

7932 4667 4135 [ADHAAR CARD]

4041 2899 8555 [mohd fahai]

[Signature]
PRINCIPAL

B.K. COLLEGE OF PHARMACY
Reg. No. 102/1977, Mumbari-400 108





MAHARASHTRA EDUCATIONAL SOCIETY'S
H.K COLLEGE OF PHARMACY



WORLD CANCER DAY

 **4TH FEBRUARY**

**CANCER CAN'T CRIPPLE LOVE, IT
CAN'T DESTROY HOPE,
IT CAN'T CONQUER THE SOUL.**

ORGANIZING COMMITTEE

DR. TUSHAR LOKHANDE

PRINCIPAL

WALIA KHAN

GENERAL SECRETARY

MS. NIKHAT KHAN, DR. SHEELA YADAV

FACULTY INCHARGE

ALI RIZVI

PHO STUDENT HEAD

**VISION: TO BE RECOGNIZED AS THE INSTITUTION PROVIDING QUALITY EDUCATION
IN PHARMACY TO SERVE THE HEALTHCARE SECTOR.**



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

Date: 05-02-2024

Title: Seminar on self-examination of breast cancer

Objectives:

- To understand the basics of cancer biology
- To learn about causes of cancer and its perturbations in day-to-day life
- To understand about self-examination of breast cancer

Place of Seminar: Room no. 401, H. K. College of Pharmacy

Details of The Resource Person/Event: **Ms. Nikhat Khan, Department of Pharmacology**

Key Outcome of the Activity/Lecture:

- Audience was able to learn about types cancers
- They were able to understand the various causes of different types of cancer
- Audience could understand the demographics and statics related to breast cancer and correlate its high prevalence
- They were able to understand the steps involved in self-examination of breast cancer
- They could also learn about preventive measures and relevant diagnostics tests for breast cancer prevention and early detection
- One of our faculty Dr. Sheela Yadav also visited the Fortis cancer hospital for a meet and greet session

Social media links:

instagram: https://www.instagram.com/p/C2_4M9Elw22/?utm_source=ig_web_copy_link

Facebook: <https://www.facebook.com/photo/?fbid=2079454585727550&set=a.218019115204449>

Linkedin : <https://www.linkedin.com/in/h-k-college-of-pharmacy-mumbai-303524222/recent-activity/all/>

Brochure/Photo Gallery:

MHARASHTRA EDUCATIONAL SOCIETY'S
H.K COLLEGE OF PHARMACY MES



WORLD CANCER DAY

4TH FEBRUARY

CANCER CAN'T CRIPPLE LOVE, IT
CAN'T DESTROY HOPE,
IT CAN'T CONQUER THE SOUL.

ORGANIZING COMMITTEE

DR. TUSHARLOKHANDE PRINCIPAL
MS. NIKHAT KHAN, DR. JESSICA YADAV
FACULTY INCHARGE
WALIA KHAN GENERAL SECRETARY
ALIBIZVI PNO STUDENT HEAD

VISION TO BE RECOGNIZED AS THE INSTITUTION PROVIDING QUALITY EDUCATION
IN PHARMACY TO SERVE THE HEALTHCARE SECTOR.



Mumbai, Maharashtra, India
G/D, New Link Rd, Oshwara, Jogeshwar West, Mumbai, Maharashtra 400102, India
Lat 19.15042°
Long 72.837701°
05/02/24 11:12 AM GMT +05:30

GPS Map Camera

Google


Activity Coordinator
Ms. Nikhat Khan



Principal: 
Dr. Tushar N. Lokhande

ATTENDANCE FOR KNOWLEDGE SESSION ON SELF-EXAMINATION ON BREASTCANCER

05-02-2024

Roll no.	Sign	4 - <u>Unadec</u>
43	<u>Moham</u>	36 - <u>Schyan</u>
47	<u>Mishu</u>	31 - _____
22	<u>Smite</u>	56 - <u>Anbar</u>
07	_____	14 - <u>Abnd</u>
2	<u>ASR</u>	52 - _____
03	<u>Shama</u>	48 - <u>Amis</u>
56	<u>Aarti</u>	25 - <u>Rish</u>
42	<u>Anisha</u>	23 - <u>Vipul</u>
20	<u>Malishka</u>	44 - <u>Amis</u>
25	<u>An</u>	45 - <u>Kat</u>
21	<u>ona</u>	32 - _____
9	_____	11 - <u>restia</u>
17	<u>Ashish</u>	10 - <u>resh</u>
12	<u>Krishnakant</u>	1 - <u>Am</u>
46	<u>Rahul</u>	16 - _____
13	<u>Om</u>	24 - _____
40	<u>Shib</u>	54 - _____
34	<u>Ishan</u>	53 - <u>Afandy</u>
15	<u>Shiv</u>	33 - <u>Mio</u>
29	_____	18 - <u>Impti</u>
35	<u>Sahil</u>	19 - <u>Manep</u>
51	<u>Mubens</u>	49 - <u>Kamalad</u>



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

Date: 03/12/2023

Title: International Day of persons with Disability

Objectives: To create awareness in community to treat disable people with dignity and spread joy of giving.

Social media link:

Instagram: https://www.instagram.com/p/COIHASZadb5/?utm_source=ig_web_copy_link

Facebook: <https://www.facebook.com/photo/?fbid=781705953969049&set=a.470185965121051>

LinkedIn: https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_on-the-occasion-of-international-day-of-persons-activity-7138757229662420992-168K?utm_source=share&utm_medium=member_desktop

Sponsor of the Event: Ms. Pooja Shah Jakhriya

Coordinator: Dr. Sheela Yadav

Venue: The Muncherjee Nowrojee Banajee Industrial Home for the Blind,
SV Road, Jogeshwari (W), Mumbai.

Participants Details:

Total no. of college students: 20

Total no. of outside people: 30

Total no of Faculties: 01

Key Outcome of the Outreach activity:

- To promote effective measures for prevention of disability, rehabilitation and the realization of the goals of "full participation" of disabled persons in social life and development, and of "equality"
- To promote, foster, encourage, and initiate unity among the Blind people.
- To remove the beggar habits from blinds and help them to get employment.
- To make the blind independent citizen of India and they may perform his daily routine work efficiently.
- To take over and to support Government Semi Government Schemes, Municipal Schemes in the interest of the blind person, which are for NGOs

Brochure/Photo Gallery:



Yadav

Event Coordinators:
Dr. Sheela Yadav

Phanje
PRINCIPAL
H.K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai-400 102

Dr. Tushar N. Lokhande
Principal





MAHARASHTRA EDUCATIONAL SOCIETY'S

H. K. COLLEGE OF PHARMACY

PRATIKSHA NAGAR OSHIWARA, JOGESHWARI (W), MUMBAI-400102

Affiliated to Mumbai University, Approved by A.I.C.T.E., P.C.I., D.T.E. & Govt. of Maharashtra
University Code: 738 A.I.C.T.E Approval No. 06/07/MS/PHARM/2008/007 D.T.E Code No. PH3234

VISION: To Be recognized as the Institution providing quality education in Pharmacy to serve the health care sector

MANGO SEED COLLECTION DRIVE

Date: 02-06-2023

Venue: H.K. College of pharmacy, Mumbai

The of HKCP organized a Mango seed collection drive on the occasion of World environment day on 2nd June 2023. The drive was celebrated but was preponed due to examination of students on 5th June. On this day students collected the dry mango seeds and submitted to NGO, Donate plant organization, Dadar (Mumbai). There was great enthusiasm amongst students for the drive. Our teaching and non-teaching staff also participated in the event. The overall feedback of the students was very positive when inquired about the same during regular schedule. Certificates were provided to all the participants. This concept, however, has yet to gain widespread acceptance in forestry practice. A response letter was received from the NGO where they appreciated the whole team of HKCP for the green initiative.

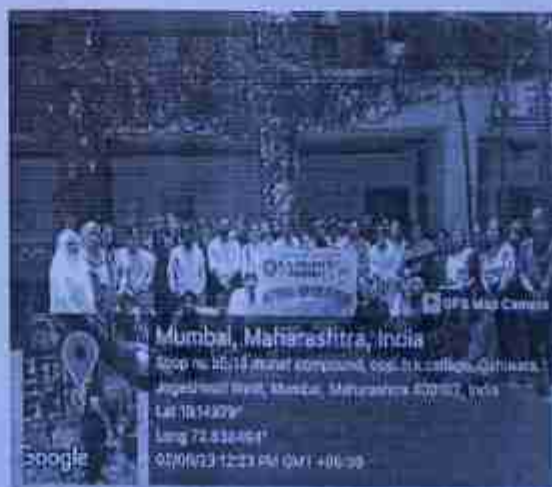
H K College of Pharmacy
Organizes
Mango seed collection drive
On 2nd June 2023
In collaboration with NGO : Sahajasth Mukherjee Foundation

- Kindly do not throw the seeds when you enjoy mango
- Collect it and donate to NGO
- Which help them grow more mango plants

Eat mango → collect seed → grow tree

Coordinators:
Mr. Nikhil Khan
Mr. Pratiknath Kothewade

Principal:
Dr. M. K. Sane





MAHARASHTRA EDUCATIONAL SOCIETY'S

H. K. COLLEGE OF PHARMACY

PRATIKSHA NAGAR OSHIWARA, JOGESHWARI (W), MUMBAI 400102

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VISION: To Be recognized as the Institution providing quality education in Pharmacy to serve the health care sector



Teacher co-ordinators:

Ms. Nikhat Khan

Mr. Prathmesh Kothawade

Principal:
Dr. M. N. Saraf



TEL NO.: 022-2688462 / 26788709 / 26774639 / 26776221 FAX NO. 022-26790095

Email: pharmacy.director@hkcp.edu.in

website: www.hkcp.edu.in



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

DATE: 30th September, 2023

TITLE: Blood donation Camp Held at HKCP on Founder' Day by PHO.

DETAIL OF THE RESOURCE PERSON/EVENT : Deepak Foundation's Anvishka Blood Bank

Mumbai , 1st October, 2023: An altruistic action of organizing a blood donation camp was taken by Public Health Organization (PHO) committee of H,K College of Pharmacy on 30th September, 2023 to commemorate Prof. Javed Khan on the occasion of Founder's day of our esteemed institution.

OBJECTIVES :

- The primary objective of the blood donation camp was to save lives by collecting and providing a steady supply of blood to hospitals.
- To help raise awareness about the importance of donating blood regularly.
- To promote community engagement and solidarity.
- To use blood donation camps as educational opportunities to teach donors about the importance of maintaining a healthy lifestyle.

DETAILS OF THE EVENTS : This humanitarian initiative of blood donation was taken in association with Deepak Foundation's Anvishka Blood Bank and our institution felt obliged to be a part of such a noble cause. Mr. Wasim Khan was regarded as the chief guest of this auspicious occasion. The event was inaugurated by our respected Principle Dr. Tushar Lokhande . At 10:30 am the blood donation programme was started and the donors were required to register upon arrival, providing necessary details such as contact information and medical history. This information was crucial for screening potential donors for eligibility. The programme was held in a clean and hygienic environment .The blood bank team included quiet experienced and qualified doctors and technicians .The donors underwent a requisite and mandatory health check up before donation .The prerequisite of donating blood was a five year blood bank insurance facilitated by Anviksha blood bank .PHO faculty in charges Dr. Sheela Yadav and Ms. Nikhat Khan were constantly present and were monitoring the easy flow of all the activities. PHO student Head Ali Rizvi and General Secretary of HKCP Walia Khan along with the volunteers managed the entire event with the support and guidance of faculty in charges.

HIGHLIGHTS OF THE EVENT :

Certificates as Tokens of Appreciation: Each donor received a certificate of appreciation as a small token of gratitude for their contribution to the cause.

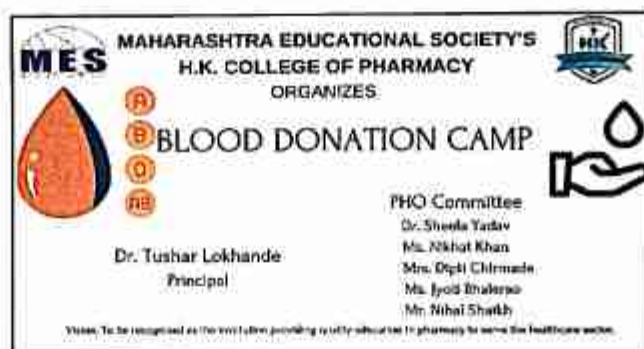
Refreshments and Post-Donation Care: After donating blood, donors were provided with refreshments and instructed to rest for a brief period.

Felicitation of the doctor : Our honourable Principal Dr. Tushar Lokhande felicitated the Dr. Devang Shah of Anvishka Blood Bank for organizing this noble event.

Pre-Camp Promotion: The PHO team, along with college volunteers, conducted a robust promotional campaign in the weeks leading up to the camp. This included posters, social media announcements, and informational sessions to educate potential donors about the benefits of blood donation.

Total Number of Volunteers from first year: 7

Second year: 6 ,Third year : 5



The brochures of the events are depicted above.

Total Number of Donors :A high enthusiasm was seen in all the students and college faculty towards the BDC and total 52 people donated blood. A total 350 units of blood was collected from each donor.

Number of college students: 30

Number of outsiders: 20

Number of Faculties: 2

OUTCOME OF THE EVENT :

The Blood Donation Camp organized by PHO at HKCP was a resounding success, fulfilling its objectives of promoting voluntary blood donation, contributing to the local blood supply, and raising awareness about this life-saving act. The event witnessed enthusiastic participation from students, faculty, and staff, reflecting the college community's commitment to public health and social responsibility. The blood collected during the camp will undoubtedly save lives and provide crucial support to healthcare institutions in the region. Furthermore, the camp succeeded in educating attendees about the significance of regular blood donation, dispelling myths, and fostering a sense of social responsibility. The programme continued up-till 2 pm and the camp turned out to be a success .

GLIMPSE OF THE EVENT :





An article was published in the Naybharat Newspaper regarding the successful blood donation campaign held at our institute. The paper clip of which is as following:




CONCLUSION: The Blood Donation Camp organized by PHO at HKCP was a commendable effort that contributed significantly to the well-being of the community. It not only saved lives but also promoted a culture of empathy, responsibility, and humanitarianism among the college's stakeholders.


EVENT CO ORDINATORS:


DR. SHEELA YADAV
(PHO FACULTY HEAD)


MS. NIKHAT KHAN
(PHO FACULTY INCHARGE)


MS. WALIA KHAN
(GENERAL SECRETRAY)




MR. ALI RIZVI
(PHO HEAD)


DR. TUSHAR LOKHANDE
PRINCIPAL



**Maharashtra Educational Society
H.K College Of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra**

Date: 15th June 2024

Title: A visit to old age home to donate supplies

Objectives:

- To provide companionship and to gain knowledge about elder people's feelings and the services and facilities provided to them and how the old age home is maintained.
- The goal of this event was to inspire and empower youth to contribute actively to societal progress.

Participants Details:

Total no. of college students: 5

Total no. of outside students: 0

Total no. of Faculties: 3

Social Media Link:

Instagram Link: <https://www.instagram.com/p/C8ZHjoG1wjl/>

Facebook Link :

<https://www.facebook.com/photo/?fbid=906868408119469&set=a.470185965121051>

Linkedin : <https://www.linkedin.com/feed/update/urn:li:share:7209128414409072641/>

Key Outcome of activity:

- The activity sensitized the students and the faculty members towards life.
- It turned out to be a memorable day for everyone who participated in the noble work and positive feedback was received from the elder people in the form of their smiles.
- Importance of community engagement was inculcated in the students.

Key Highlights of activity:

- Community engagement
- Awareness building
- Positive impact on lives
- Social Responsibility



Maharashtra Educational Society
H.K College Of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra


Photo Gallery:



Event Coordinators:

Ms. Nikhat Khan 
Extension and Outreach Committee incharge

Dr. Roja rani Budha 
Ms. Saba Khan 


Dr. Tushar N. Lokhande
(Principal)




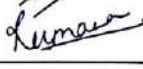

UHV Project Report

On

Topic: Awareness on Dental Health

Third Year B. Pharmacy Div.: A Semester: V Academic Year: 2023-24.

Name of students:

Sr. No.	Roll Number	Name	Sign
1	41	Walia Khan	
2	40	Saqib Khan	
3	42	Anisha Khatri	
4	39	Rumana Khan	
5	38	Ayaan Khan	

Name of Project Supervisor:

Ms. Nikhat Khan



Signature:

College Seal:



Principal

Dr. Tushar Lokhande

PRINCIPAL
H.K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai-400 102.

Vision: To be recognized as the institution providing quality education in pharmacy to serve the health.

Serial No.	Topic	Page No.
1	Index	2
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3	Primary objective <ul style="list-style-type: none"> ● Importance of oral hygiene. ● Preventing gum disease. ● Role of diet in dental health. ● Impact of smoking on oral health. ● Benefits of regular dental checkups. ● Importance of fluorides. ● Encouraging dental health in children. ● Role of technology in dental care. 	4
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INTRODUCTION:

The primary objective of the Comprehensive Dental Awareness Campaign is to elevate public understanding and engagement with oral health, promoting long-term behavioral changes that reduce the prevalence of dental diseases and improve overall community well-being. The campaign seeks to educate individuals on the importance of preventive dental care by promoting proper oral hygiene practices such as brushing, flossing, and fluoride use.

It will emphasize the significance of regular dental check-ups and early detection of dental issues like cavities, gum disease, and oral cancer, with the goal of reducing the stigma, fear, and financial barriers that often prevent people, particularly in underserved communities, from accessing professional dental care. A key focus of the campaign is to highlight the critical link between oral health and overall physical well-being, illustrating how poor oral hygiene can contribute to serious systemic diseases such as diabetes, cardiovascular issues, and respiratory infections.

The project aims to shift public perception by presenting dental care not just as a matter of aesthetics but as a vital aspect of maintaining overall health. Through targeted educational initiatives, individuals will gain a better understanding of how lifestyle factors such as diet, tobacco use, and sugary drinks contribute to poor oral health, and they will be encouraged to adopt healthier habits that reduce the risk of dental and systemic diseases. The awareness will implement a multi-faceted approach, including community outreach efforts through school-based programs to engage a broad demographic of learning students.

Collaborations with local dental clinics, public health organizations, and government agencies will improve access to dental care by offering free or affordable dental screenings, cleanings, and treatments, particularly in rural and low-income areas. Additionally, the campaign will leverage digital and traditional media platforms to expand its reach, utilizing engaging content like social media posts, videos, info graphics, and print materials to deliver clear, accessible messaging about the importance of maintaining oral health.

To ensure lasting impact, the project will establish a comprehensive evaluation framework that tracks the success of its interventions through surveys, dental health assessments, and community feedback. This data will inform the development of sustainable oral health programs that can continue to benefit communities beyond the life of the campaign. Ultimately, the project aims to create a lasting, positive shift in public attitudes toward oral health, reduce the incidence of preventable dental diseases, foster healthier communities, and lower long-term healthcare costs associated with untreated dental conditions.

PRIMARY OBJECTIVE:

Oral health is a key component of overall well-being, yet it is often overlooked in daily self-care routines. By emphasizing the importance of dental hygiene and its far-reaching impacts, we aim to increase awareness and promote healthier habits. The following objectives outline key areas of focus in achieving optimal oral health and preventing common dental issues.

1. Importance of Oral Hygiene:

Maintaining proper oral hygiene is crucial for overall health. Regular brushing and flossing help remove plaque, prevent cavities, and reduce the risk of gum diseases, contributing to a cleaner mouth and healthier teeth.

2. Preventing Gum Disease:

Gum disease, if left untreated, can lead to tooth loss and other health issues. By maintaining good dental habits and visiting the dentist regularly, you can prevent the onset of gingivitis and periodontitis.

3. Role of Diet in Dental Health:

A balanced diet rich in calcium, vitamins, and minerals supports healthy teeth and gums. Limiting sugary and acidic foods can prevent tooth decay, making dietary choices an essential part of dental awareness.

4. Impact of Smoking on Oral Health:

Smoking is a significant risk factor for gum disease, tooth loss, and oral cancer. Raising awareness about the harmful effects of smoking on oral health can encourage individuals to quit and adopt healthier habits.

5. Benefits of Regular Dental Check-ups:

Visiting the dentist every six months is essential for maintaining good oral health. Regular check-ups help detect dental issues early, preventing more severe problems and ensuring a healthy smile.

6. Dental Health and Overall Well-being:

Oral health is connected to overall physical health. Poor dental hygiene can contribute to conditions such as heart disease and diabetes, making dental care a vital aspect of overall wellness.

7. Importance of Fluoride:

Fluoride strengthens tooth enamel and helps prevent cavities. Promoting the use of fluoride toothpaste and mouthwash can significantly reduce the risk of tooth decay and improve oral health outcomes.

8. Encouraging Dental Care in Children:

Instilling good dental habits in children from an early age sets the foundation for a lifetime of healthy teeth. Educating parents about the importance of pediatric dental care is key to preventing childhood tooth decay.

9. Role of Technology in Dental Care:

Advancements in dental technology, such as digital X-rays and laser treatments, make diagnosing and treating oral health issues more efficient. Awareness of these technologies encourages individuals to seek regular dental care.

DETAILED PLAN OF REPORT:

On September 30, 2023, H.K. College of Pharmacy's Universal Human Values cell and Sutantra Narayani Seva Trust joined forces to organize a dental awareness campaign at Mahatma Gandhi school in Jogeshwari West, Mumbai. Dr. Sheela Yadav and Ms. Sayli Sawant guided this initiative, which aimed to provide dental check-ups and education to students.

The day began with excitement as over 200 students lined up for dental examinations. Our team of dental professionals carefully checked each student, identifying issues like cavities, plaque, and gum problems. We made sure to explain each student's oral health status clearly, helping them understand any potential concerns.

While check-ups were crucial, our student volunteers Walia Khan, Ayaan Khan, Saqib Khan, Anisha Khatri, Rumana Khan- took center stage in spreading awareness. They engaged students in lively discussions about daily oral care routines, demonstrating proper brushing techniques and explaining how to clean hard-to-reach spots where plaque often hides. Our volunteers didn't stop at hygiene tips.

They delved into the causes of common dental issues, explaining how plaque forms and leads to cavities. They offered practical advice on reducing cavity risks, such as cutting down on sugary foods and drinks. The importance of regular dentist visits, even without noticeable problems, was a key message we drove home. We also focused on gum health, describing symptoms of gingivitis like red, swollen gums and bleeding during brushing.

Our team stressed how untreated gum issues can progress to more serious conditions. Through these talks, students gained knowledge to not only spot dental problems but also prevent them. A unique aspect of our campaign was linking nutrition to oral health. We taught students that fruits and vegetables rich in vitamins and minerals can strengthen teeth and gums, while sugary and acidic foods can harm them. This approach helped students understand that good oral health goes beyond just brushing and flossing. Our event wasn't limited to students. We also engaged school staff in discussions about oral health, offering practical tips for at-home dental care. Many appreciated this information, as they previously lacked access to such straightforward health education.

In a gesture of community support, we donated walking sticks to individuals in need from the local area. This action highlighted our commitment to overall well-being, showing how we care about both physical and dental health in the community.

In conclusion, our dental camp at Mahatma Gandhi School marked a significant step toward improving oral health awareness in the community. By combining professional care with engaging education, we've fostered a culture of health consciousness that will benefit the community for years to come.

SUMMARY OF REPORT:

The students of Mahatma Gandhi School learned that certain foods, such as fruits and vegetables rich in vitamins and minerals, could help strengthen their teeth and gums, while sugary and acidic foods could contribute to dental decay. This focus on nutrition added another layer of awareness, helping the students understand that good oral health isn't just about brushing and flossing but also about making healthier food choices. The educational aspect of the camp wasn't limited to students. Community members who attended the event were also engaged in discussions about the importance of oral health, with volunteers providing practical tips on how to care for teeth and gums at home.

Many participants appreciated the information, as they had previously lacked access to such health education, particularly in an easily understandable format. In a further demonstration of the camp's commitment to community welfare, walking sticks were donated to individuals in need from the local area. This gesture highlighted the broader goal of promoting overall well-being beyond oral health, reinforcing the importance of taking care of both physical and dental health within the community. The walking stick donation not only provided practical help to those in need but also underscored the camp's holistic approach to health promotion. The outcomes of the camp were both immediate and far-reaching. The students left the event not only having received dental check-ups but also feeling empowered with the knowledge to take control of their oral health. Many of them expressed newfound confidence in their ability to maintain good dental hygiene, having learned practical skills that they could easily incorporate into their daily routines.

Feedback from the students and community members reflected a deeper understanding of the relationship between oral hygiene, disease prevention, and nutrition. However, as with any community initiative, challenges were encountered along the way. Resource constraints, such as limited supplies and time, made it difficult to reach every participant as thoroughly as intended. Additionally, cultural barriers and pre-existing beliefs about dental care posed some obstacles in encouraging certain students and community members to adopt the recommended practices. Despite these hurdles, the event was largely seen as a success, demonstrating the importance of ongoing community engagement in health education.

Looking ahead, plans are already in motion to organize regular dental camps, ensuring that underserved communities like Jogeshwari continue to have access to both dental care and education. Future initiatives will aim to build on the foundation established by this camp, expanding educational outreach to cover more aspects of oral health and hygiene. By deepening partnerships with local organizations and involving more volunteers, future events can further enhance the impact of dental health awareness campaigns. In conclusion, the dental camp at Mahatma Gandhi School was not just a one-time event but a meaningful step toward improving oral health awareness and care in the community.

The combined efforts of dental professionals, student volunteers, and organizers created a space where students and community members could receive much-needed care while learning how to take better care of their teeth and gums. The event left a lasting impact, fostering a culture of health consciousness that will resonate for years to come. Through continued efforts, initiatives like these will play a critical role in promoting better health outcomes, not just for the Jogeshwari community but for many others in need of such valuable services.

PROGRAM OUTCOME:

The dental camp held at Mahatma Gandhi School in Jogeshwari West was a collaborative initiative organized by H.K. College of Pharmacy and Sutantra Narayani Seva Trust, under the dedicated guidance of Dr. Sheela Yadav and Ms. Sayli Sawant. This event aimed to address two crucial aspects: providing necessary dental check-ups and promoting a deeper understanding of oral health among the students and the surrounding community. With over 200 students of Mahatma Gandhi School participated in dental check-up, the camp became an essential platform for both dental care and health education. On the day of the camp, the school premises were filled with anticipation and eagerness as students lined up for their check-ups. The dental professionals conducted thorough examinations, identifying a variety of oral health issues, from cavities and plaque to gum problems.

The students were made comfortable throughout the process, with the dental team ensuring that each individual was fully informed about their oral health status and any potential problems. While these check-ups were crucial, what made the camp stand out was the strong emphasis on education, which was led by student volunteers. These volunteers played a critical role in spreading awareness about oral health by engaging students in discussions and activities that aimed to promote better dental hygiene practices. A key message delivered to the students was the importance of maintaining daily oral care routines.

The volunteers conducted interactive sessions, teaching the students about the necessity of brushing their teeth twice a day with fluoride toothpaste and flossing regularly. In communities like Jogeshwari, where access to dental care and health education can be limited, these simple habits were emphasized as foundational for good oral health. The volunteers took the time to demonstrate proper brushing techniques, ensuring that the students knew how to clean all areas of the mouth effectively, including the hard-to-reach spots where plaque tends to accumulate. Moreover, the volunteers focused on raising awareness about common dental diseases, particularly cavities and gum disease, both of which were prevalent issues identified during the camp.

They explained that cavities occur when plaque, a sticky film of bacteria, forms on the teeth due to leftover food particles. The bacteria in the plaque produce acids that erode the enamel, eventually leading to cavities if not properly addressed. The volunteers provided the students with actionable advice on how to reduce their risk of cavities, such as limiting sugary foods and drinks and ensuring they brushed their teeth thoroughly after meals. The students were also encouraged to visit a dentist regularly, even if they didn't have any noticeable problems, to catch any early signs of dental decay. Another major focus was on gum disease, particularly gingivitis, which is caused by inflammation of the gums due to plaque buildup.

The volunteers explained the symptoms of gum disease, such as red, swollen gums and bleeding while brushing, and stressed the importance of maintaining healthy gums to avoid more severe conditions like periodontitis, which can lead to tooth loss. Through these discussions, the students were equipped with knowledge that would help them not only recognize the signs of dental problems but also prevent them through better hygiene practices. Beyond just hygiene and disease prevention, the volunteers also educated the students on the connection between nutrition and oral health. The role of diet in maintaining healthy teeth and gums was a key part of the educational sessions.

COURSE OUTCOME:

To develop a sense of personal self in harmony with society and nature through integration of Universal Human Values.

FUTURE SCOPE:

The future of dental awareness includes increased use of digital platforms, tele-dentistry, and greater emphasis on the link between oral and overall health. Advances in technology, personalized dental care, and community programs will also help improve public knowledge and preventive practices worldwide.

ACKNOWLEDGEMENT:

We would like to formally acknowledge the invaluable contributions of Maharashtra Education Society's Humera Khan College of Pharmacy and Sutantra Narayani Seva Trust who presented us with such an opportunity to enlighten and spread awareness on the topic of Dental Health in Mahatma Gandhi School (Jogeshwari-West). We are grateful for the support of our Principal, Dr. Tushar Lokhande, for overseeing such an initiative.

We are profoundly grateful to our guide, Dr. Sheela Yadav and Ms. Sayli Sawant, for their exceptional guidance, expertise, and encouragement throughout this project. Their insights were instrumental in shaping the direction of our visit. We are also grateful for the vital support of the staff and principal of Mahatma Gandhi School, Dentist and students who actively participated in dental check-up and made such an event possible with their unwavering encouragement.

--END OF REPORT--

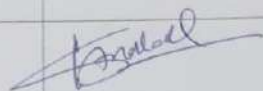
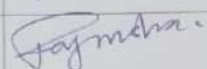
UHV Project Report

On

Topic: Tuberculosis PPTX.

Third Year B. Pharmacy Div: A Semester: V Academic Year: 2023-24.

Name of students:

Sr. No.	Roll Number	Name	Sign
1	50	Aakanksha Mokal	
2	49	Raj Mishra	

Name of Project Supervisor:

Ms. Nikhat Khan.

Signature:

College Seal:




Principal

Dr. Tushar Lokhande

PRINCIPAL
H.K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai-400 102.

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INTRODUCTION :-

Tuberculosis (TB), also known colloquially as the "**white death**", or historically as **consumption**,^[8] is an infectious disease usually caused by *Mycobacterium tuberculosis* (MTB) bacteria.^[1] Tuberculosis generally affects the lungs, but it can also affect other parts of the body.^[1] Most infections show no symptoms, in which case it is known as latent tuberculosis.^[1] Around 10% of latent infections progress to active disease that, if left untreated, kill about half of those affected.^[1] Typical symptoms of active TB are chronic cough with blood-containing mucus, fever, night sweats, and weight loss.^[1] Infection of other organs can cause a wide range of symptoms.^[9]

Tuberculosis is spread from one person to the next through the air when people who have active TB in their lungs cough, spit, speak, or sneeze.^{[1][10]} People with latent TB do not spread the disease.^[1] Active infection occurs more often in people with HIV/AIDS and in those who smoke.^[1] Diagnosis of active TB is based on chest X-rays, as well as microscopic examination and culture of bodily fluids.^[1] Diagnosis of latent TB relies on the tuberculin skin test (TST) or blood tests.^[1]

Prevention of TB involves screening those at high risk, early detection and treatment of cases, and vaccination with the bacillus Calmette-Guérin (BCG) vaccine.^{[3][4][5]} Those at high risk include household, workplace, and social contacts of people with active TB.^[4] Treatment requires the use of multiple antibiotics over a long period of time.^[1] Antibiotic resistance is a growing problem, with increasing rates of multiple drug-resistant

Tuberculosis has existed since antiquity.^[15] The oldest unambiguously detected *M. tuberculosis* gives evidence of the disease in the remains of bison in Wyoming dated to around 17,000 years ago.^[16] However, whether tuberculosis originated in bovines, then transferred to humans, or whether both bovine and human tuberculosis diverged from a common ancestor, remains unclear.^[17] A comparison of the genes of *M. tuberculosis complex* (MTBC) in humans to MTBC in animals suggests humans did not acquire MTBC from animals during animal domestication, as researchers previously believed. Both strains of the tuberculosis bacteria share a common ancestor, which could have infected humans even before the Neolithic Revolution.^[18] Skeletal remains show some prehistoric humans (4000 BC) had TB, and researchers have found tubercular decay in the spines of Egyptian mummies dating from 3000 to 2400 BC.^[19] Genetic studies suggest the presence of TB in the Americas from about AD 100.^[20]

Before the Industrial Revolution, folklore often associated tuberculosis with vampires. When one member of a family died from the disease, the other infected members would lose their health slowly. People believed this was caused by the original person with TB draining the life from the other family members.^[21]

PRIMARY OBJECTIVE :

The primary objective of tuberculosis (TB) control is to eliminate the transmission of *Mycobacterium tuberculosis* and reduce the incidence and impact of the disease. Key goals include:

1. **Early Diagnosis:** Ensure timely identification of active TB cases to initiate treatment and prevent further spread.
2. **Effective Treatment:** Provide access to appropriate and complete antibiotic therapy to cure patients and prevent drug resistance.
3. **Prevent Transmission:** Implement measures to minimize the risk of spreading TB, especially in high-risk settings.
4. **Vaccination:** Promote the use of the BCG vaccine to protect vulnerable populations, particularly children.
5. **Public Awareness:** Increase understanding of TB, its symptoms, and the importance of seeking medical care to reduce stigma and promote early intervention.
6. **Surveillance and Research:** Strengthen monitoring systems to track TB trends, identify outbreaks, and support ongoing research for new diagnostics, treatments, and vaccines.

Overall, these objectives aim to control TB as a public health threat and ultimately work toward its elimination.

DETAILED PLAN OF REPORT :

On 25 Sep , 2024 , H. K. College of Pharmacy, in collaboration with the Maharashtra State Pharmacy Council (MPSC), organized an insightful seminar titled “Tuberculosis.”

This event was part of the National Coordination Centre Pharmacovigilance Program of India’s efforts and took place during the 4th National Pharmacovigilance Week, which was celebrated nationwide

The seminar aimed to emphasize the critical role of reporting in enhancing patient safety, highlighting the need for a proactive culture of pharmacovigilance within the healthcare system.

Bringing together healthcare professionals, pharmacists, and students, the event focused on fostering awareness and understanding of reporting processes, the significance of patient involvement, and the collective responsibility of healthcare stakeholders in ensuring drug safety.

The seminar provided a platform for in-depth discussions on overcoming the challenges of underreporting and creating a collaborative environment where reporting is viewed as essential to patient care.

This initiative aligns with the national mission to strengthen pharmacovigilance systems, ultimately contributing to safer therapeutic practices across India.

PARTICIPANTS DETAILS:

Total no. of college students: 2

SUMMARY OF REPORT :

Ms. Nikhat Khan, (Faculty) initiated the session by highlighting the importance of the activity to the audience comprising of students and faculty members.

Prof. (Dr.) Tushar Lokhande, Principal of H. K. College of Pharmacy, gave the keynote address on Pharmacovigilance. He was felicitated with a floral bouquet.

The audience on the basics of tuberculosis. She further emphasized that the occurrence of any should be immediately reported to the concerned authorities i.e. peripheral coordination centers for effective pharmacovigilance. Further, she shared her experience on identification of tuberculosis. She stressed that students should learn about the tuberculosis identification and monitoring process, to educate their communities. She asserted that such endeavors would result in increased awareness in society about drug safety and efficacy.

Additionally, gave an overview on the importance of pharmacovigilance and the established protocols that need to be followed by pharmaceutical companies to gather any linked to their marketed product. She explained the role of various regulatory authorities who monitor and interpret pooled reports from various parts of the world.

BROCHURE:

Who typically gets tuberculosis?

A total of 1.6 million people died from TB in 2021 (including 187 000 people with HIV). Worldwide, TB is the 13th leading cause of death and the second leading infectious killer after COVID-19 (above HIV/AIDS).

In 2021, an estimated 10.6 million people fell ill with tuberculosis (TB) worldwide. Six million men, 3.4 million women and 1.2 million children. TB is present in all countries and age groups. But TB is curable and preventable.

REFERENCE:

World Health Organization. (2021, October 27). Tuberculosis. WHO. <https://www.who.int/news-room/fact-sheets/detail/tuberculosis>



Did You Know?

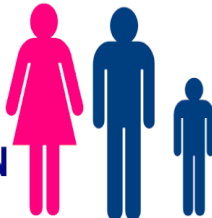
An estimated **10.6 M** people fell ill with TB worldwide.

In 2021, **1.6 M** people died from TB worldwide

6 MILLION MEN

3.4 MILLION WOMEN

1.2 MILLION CHILDREN



“EVERY BREATH COUNTS, STOP TB NOW”

TREATMENT AND PREVENTION



MEDICATIONS



VACCINATION

- Take your medicine exactly as the healthcare provider directed.
- When you cough, sneeze or laugh, cover your mouth with a tissue. Put the tissue in a closed bag and throw it away.
- Air out your room often so the TB germs don't stay in the room and infect someone else.
- Avoid close contact with anyone. Sleep in a bedroom alone.



UNITE TO END TB

TUBERCULOSIS

tuh·bur·kyuh·low·suhs



GEO-TAG IMAGES :

Image A

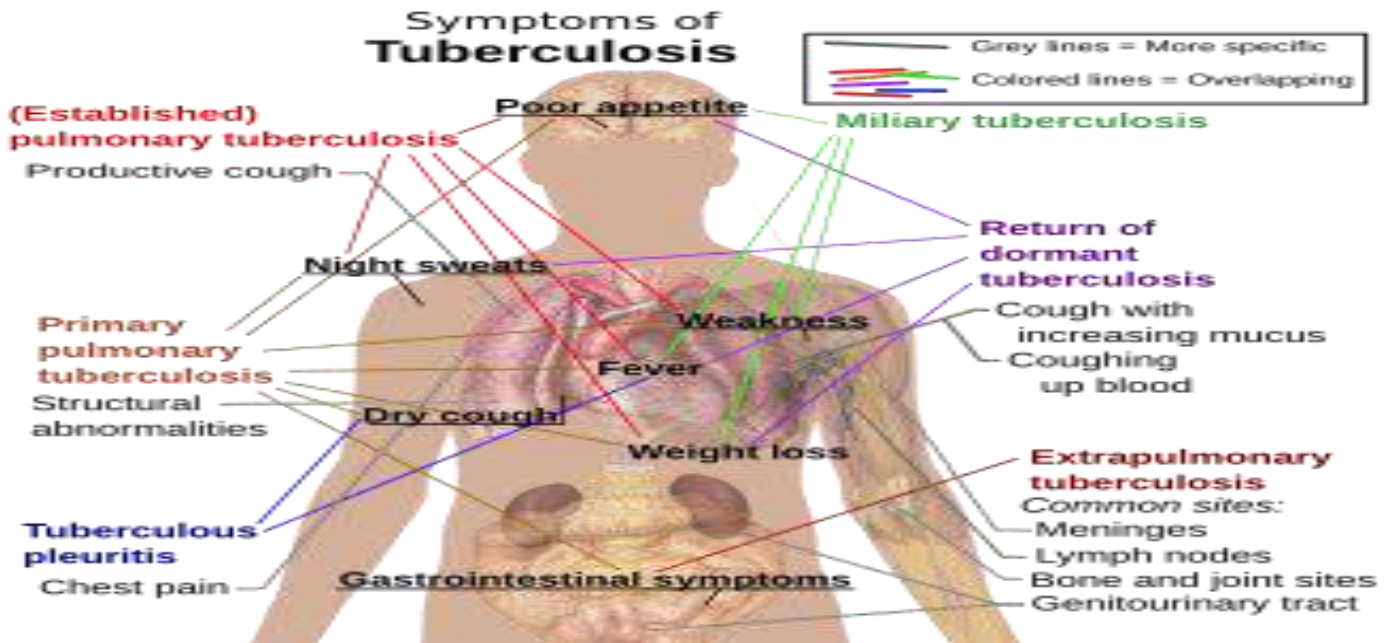
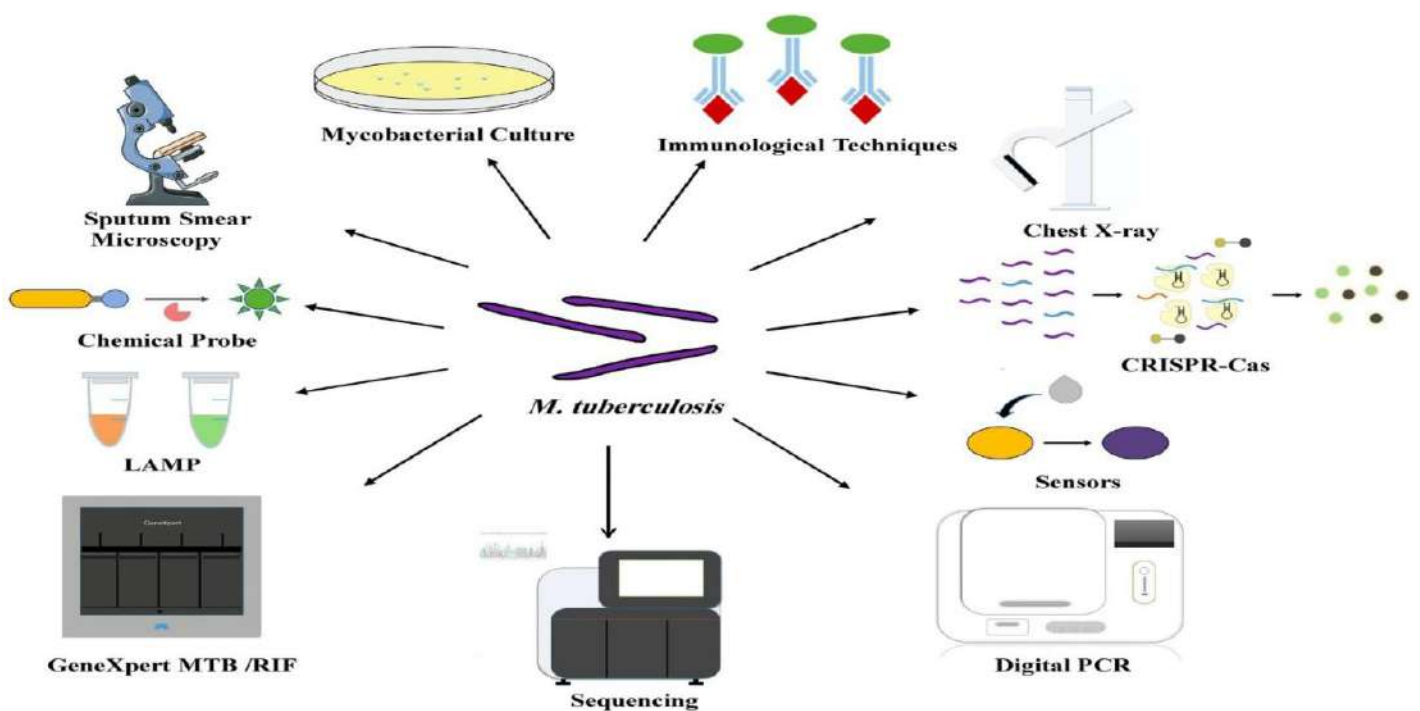


Image B



PROGRAM OUTCOME :

The audience gained valuable insights into the critical aspects of detection and reporting, as well as the pivotal role played by government regulatory authorities in the implementation of these processes.

Through the comprehensive presentations and discussions, they came to understand the importance of timely and accurate reporting as an essential element of ensuring patient safety. The seminar illuminated how if left undetected or unreported, can lead to severe consequences for patients, and how pharmacovigilance systems, supported by healthcare professionals and regulatory bodies, are designed to mitigate these risks.

The audience also learned about the intricate processes involved in pharmacovigilance, including the collection, analysis, and interpretation of by regulatory authorities, who use this information to make informed decisions about drug safety.

Additionally, they gained an understanding of the protocols that pharmaceutical companies are required to follow when marketing their products, ensuring that linked to these drugs are properly monitored and reported. This holistic view of detection, reporting, and the role of government authorities helped reinforce the essential nature of the process in creating a safer healthcare environment.

The seminar emphasized that effective pharmacovigilance is not just the responsibility of individual healthcare professionals, but a collaborative effort between various stakeholders, including pharmaceutical companies, healthcare institutions, and regulatory agencies, all working together to protect public health and enhance the overall safety of medicinal products.

COURSE OUTCOME :

To develop a sense of personal self in harmony with society and nature through integration of Universal Human Values.

FUTURE SCOPE :

The future scope of building a strong reporting culture for patient safety includes several key developments. Technological advancements, such as AI and big data analytics, will streamline and automate detection, making reporting easier and faster.

Mobile apps and digital platforms will allow for real-time data collection by both healthcare professionals and patients. Global collaboration and data sharing between regulatory bodies will strengthen drug safety monitoring on an international scale.

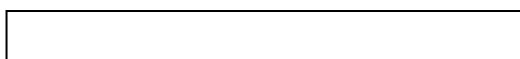
Additionally, continued education and awareness programs will ensure that healthcare providers and patients alike are equipped to actively participate in reporting, ultimately improving patient safety.

ACKNOWLEDGEMENT :

We would like to express our heartfelt gratitude to all those who contributed to the successful organization of the seminar “Tuberculosis” at H. K. College of Pharmacy. Our sincere thanks go to Prof. (Dr.) Tushar Lokhande, Principal of the college, for his inspiring keynote address and unwavering support for initiatives that enhance patient safety.

Lastly, we would like to thank all the faculty members, students, and attendees who participated in this event, as their engagement and enthusiasm were crucial in making the seminar a success. Together, we can foster a culture of safety and vigilance in our healthcare system, ultimately ensuring better health outcomes for our communities.

--END OF REPORT--



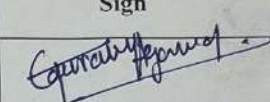
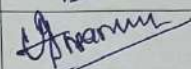
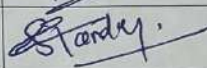
UHV Project Report

On

Topic: REPORT ON TYPHOID PPTX

Third Year B. Pharmacy. Div: A Semester: V Academic Year: 2023-2024

Name of students:

Sr. No.	Roll Number	Name	Sign
1	1	Gaurav Agarwal	
2	4	Umar Ansari	
3	56	Shambhavi Pandey	

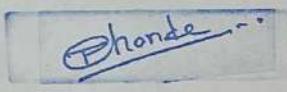
Name of Project Supervisor:

Ms. Nikhat Khan

Signature:

College Seal:




Principal

Dr. Tushar Lokhande

PRINCIPAL
H.K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai-400 102.

Vision: To be recognized as the institution providing quality education in pharmacy to serve the heal.

INDEX

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INTRODUCTION :-

Typhoid fever and paratyphoid fever are clinically indistinguishable febrile multisystemic illnesses caused by *Salmonella enterica* serotypes Typhi (S Typhi) and Paratyphi (S Paratyphi) A, B, and C. Collectively known as enteric fever, more than 9 million people are sickened, and 110,000 die from the disease every year around the globe.[WHO. Typhoid Fact Sheet. 2023] Enteric fever is the leading cause of community-acquired bloodstream infections in South and Southeast Asia.[1] A reportable disease in the United States and many other developed nations, enteric fever is second only to malaria as a cause of severe and sometimes life-threatening infection in travelers.[2]

Following an incubation period of 6 to 30 days, enteric fever presents insidiously with the gradual onset of fever with fatigue, anorexia, headache, malaise, and abdominal symptoms. If treatment is delayed or inadequate, meningitis, sepsis, or intestinal perforation can occur. With a history of S Typhi and S Paratyphi strains rapidly developing antimicrobial resistance with the widespread use of successive antibiotics, the recent emergence of extensively drug-resistant strains has greatly complicated treatment and raised alarms.

S Typhi and S Paratyphi are said to spread by the "4 Fs" (flies, fingers, feces, and fomites). They afflict people living or traveling in low- and middle-income countries around the globe that lack clean water, adequate sanitation, and hygiene, known collectively as WASH. Improved WASH infrastructure is the foundation for decreasing the incidence of enteric fever and other diseases spread via the fecal-oral route.

Historically, enteric fever has received less investment and attention than the "big 3" (human immunodeficiency virus/acquired immunodeficiency syndrome, tuberculosis, and malaria). However, with the specter of untreatable variants on the horizon, enteric fever control efforts have been renewed. Recently developed typhoid conjugate vaccines, improved surveillance and understanding of antimicrobial resistance patterns, and WASH initiatives have decreased the disease burden.

This activity covers the epidemiology, pathophysiology, treatment, management, complications, patient education, prevention measures, and the role of the interprofessional team in improving patient care and decreasing the burden of this disease. While several barriers to controlling this disease exist, recent advancements provide hope that the impact of enteric fevers can be limited or eliminated in the future

PRIMARY OBJECTIVE :

- ❖ Identify the key clinical manifestations and diagnostic tests
- ❖ To promptly diagnose typhoid and paratyphoid fever.
- ❖ Implement appropriate treatment strategies, incorporating the latest research and guidelines, for efficient typhoid fever management.
- ❖ Apply an understanding of individual risk factors to appropriately counsel patients about preventing typhoid and other infections transmitted through the oral route, including vaccination strategies.
- ❖ Coordinate with other healthcare professionals to ensure a multidisciplinary approach in the care and management of typhoid fever, including reporting to public health officials.

DETAILS OF THE REPORT:

On September 25,2023, H. K. College of Pharmacy, in collaboration with the Maharashtra State Pharmacy

Council (MPSC), organized an insightful seminar titled “Reporting on typhoid for patient safety”

This event was part of the National Coordination Centre Pharmacovigilance Program of India’s efforts and took place during the 4th National Pharmacovigilance Week.

The seminar aimed to emphasize the critical role of typhoid reporting in enhancing patient safety, highlighting the need for a proactive culture of pharmacovigilance within the healthcare system.

Bringing together healthcare professionals, pharmacists, and students, the event focused on fostering awareness and understanding of typhoid reporting processes, the significance of patient involvement, and the collective responsibility of healthcare stakeholders in ensuring drug safety.

The seminar provided a platform for in-depth discussions on overcoming the challenges of underreporting and creating a collaborative environment where typhoid reporting is viewed as essential to patient care.

This initiative aligns with the national mission to strengthen pharmacovigilance systems, ultimately contributing to safer therapeutic practices across India.

PARTICIPANTS DETAILS:

Total no. of students : 3

SUMMARY OF THE REPORT

Ms. Nikhat khan (Faculty) initiated the session by highlighting the importance of the activity to the audience comprising of students and faculty members.

Prof. (Dr.) Tushar Lokhande, Principal of H. K. College of Pharmacy, gave the keynote address on Pharmacovigilance. He was felicitated with a floral bouquet.

Dr. Anuradha Pai (Faculty) then educated the audience on the basics of typhoid. She further emphasized that the occurrence of any typhoid should be immediately reported to the concerned authorities i.e. peripheral coordination centers for effective pharmacovigilance. Further, she shared her experience on identification of typhoid. She stressed that students should learn about the identification and monitoring process, to educate their communities. She asserted that such endeavors would result in increased awareness in society about drug safety and efficacy.

Additionally, she gave an overview on the importance of pharmacovigilance and the established protocols that need to be followed by pharmaceutical companies to gather any linked to their marketed product. She explained the role of various regulatory authorities who monitor and interpret pooled reports from various parts of the world.

IMAGES

TYPHOID FEVER

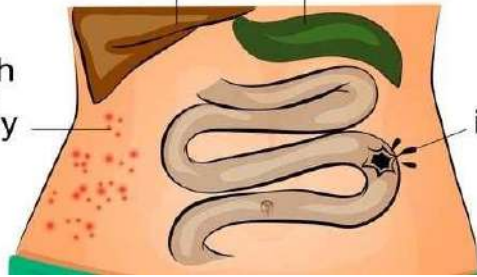
white coating on the tongue



enlarged liver and spleen

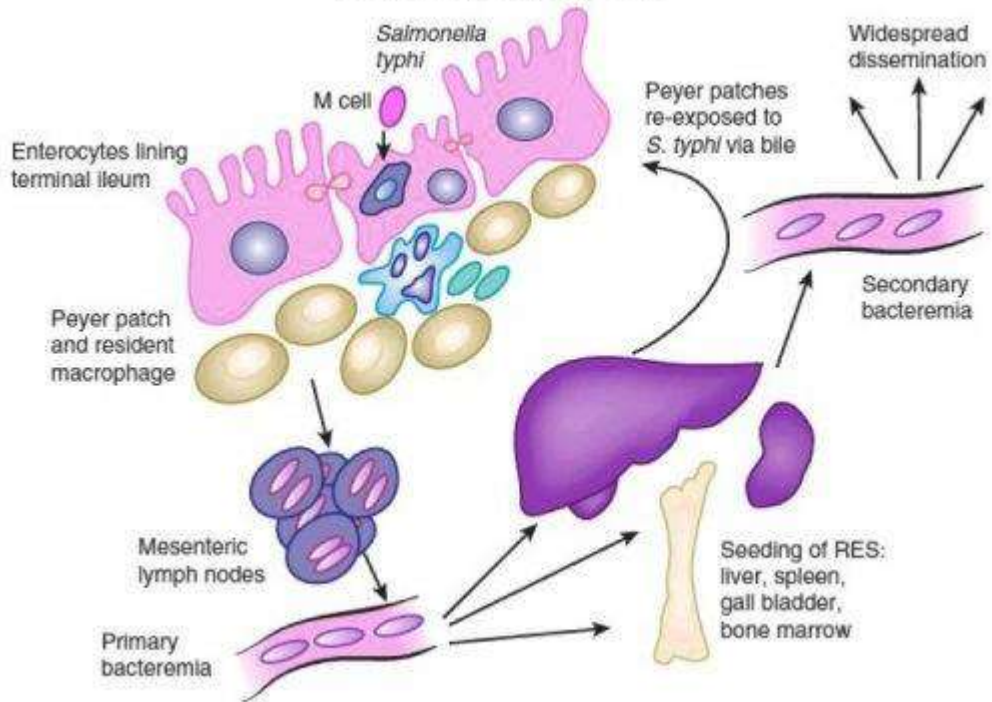
rash on body

ulcers in the intestine



<p>High fever</p>	<h2>TYPHOID FEVER</h2> <p>← TYPHOID FEVER →</p>	<p>Howry soim</p>	
<p>High fever</p>	<p>High fever</p>	<p>Weakness</p>	<p>Stomach pain</p>
<p>High fever</p>	<p>High fever</p>	<p>Weakness</p>	<p>Stomach pain</p>

Pathogenesis of typhoid fever



Pathogenesis of Typhoid Fever

Dr Lal PathLabs

TYPHOID PREVENTION TIPS

VACCINATION AGAINST TYPHOID FEVER

WASH FRUITS AND VEGETABLES THOROUGHLY

DRINK CLEAN WATER

EAT THOROUGHLY COOKED FOOD

KEEP YOUR HANDS NEAT AND CLEAN

PROGRAM OUTCOME :

The audience gained valuable insights into the critical aspects of typhoid detection and reporting, as well as the pivotal role played by government regulatory authorities in the implementation of these processes.

Through the comprehensive presentations and discussions, they came to understand the importance of timely and accurate typhoid reporting as an essential element of ensuring patient safety. The seminar illuminated how typhoid, if left undetected or unreported, can lead to severe consequences for patients, and how pharmacovigilance systems, supported by healthcare professionals and regulatory bodies, are designed to mitigate these risks.

The audience also learned about the intricate processes involved in pharmacovigilance, including the collection, analysis, and interpretation data by regulatory authorities, who use this information to make informed decisions about drug safety.

Additionally, they gained an understanding of the protocols that pharmaceutical companies are required to follow when marketing their products, ensuring linked to these drugs are properly monitored and reported. This holistic view of ADR detection, reporting, and the role of government authorities helped reinforce the essential nature of the process in creating a safer healthcare environment.

The seminar emphasized that effective pharmacovigilance is not just the responsibility of individual healthcare professionals, but a collaborative effort between various stakeholders, including pharmaceutical companies, healthcare institutions, and regulatory agencies, all working together to protect public health and enhance the overall safety of medicinal products.

COURSE OUTCOME :

To develop a sense of personal self in harmony with society and nature through integration of Universal Human Values.

FUTURE SCOPE :

The future scope of building a strong reporting culture for patient safety includes several key developments. Technological advancements, such as AI and big data analytics, making reporting easier and faster.

Mobile apps and digital platforms will allow for real-time data collection by both healthcare professionals and patients. Global collaboration and data sharing between regulatory bodies will strengthen drug safety monitoring on an international scale.

Additionally, continued education and awareness programs

ACKNOWLEDGEMENT :

We would like to express our heartfelt gratitude to all those who contributed to the successful organization of the seminar for Patient Safety” at H. K. College of Pharmacy. Our sincere thanks go to Prof. (Dr.) Tushar Lokhande, Principal of the college, for his inspiring keynote address and unwavering support for initiatives that enhance patient safety.

Lastly, we would like to thank all the faculty members, students, and attendees who participated in this event, as their engagement and enthusiasm were crucial in making the seminar a success. Together, we can foster a culture of safety and vigilance in our healthcare system, ultimately ensuring better health outcomes for our communities.

--END OF REPORT--



MAHARASHTRA EDUCATIONAL SOCIETY'S
**H. K. COLLEGE OF
 PHARMACY**



OSHIWARA, JOGESHWARI (W)- 400102

UHV Project Report

TITLE: world natural conversation day

Third Year B. Pharmacy

Academic Year: 2023-24

SR. NO.	ROLL.NO.	STUDENT'S NAME	SIGNATURE
1	11	Akhtar Dilshad	<i>Akhtar</i>
2	12	Om Duley	<i>Om Duley</i>
3	13	Pushkar Ekhonale	<i>Pushkar</i>
4	14	Aniket Gupta	<i>Aniket</i>

Name of the Project Supervisor: Dr. Sheela Yadav

Principal: Dr. Tushar Lokhande

Signature: *[Signature]*

College Stamp:



Vision: To be recognized as the institution providing quality education in pharmacy to serve the healthcare sector.

UHV Project

on

World Nature Conservation Day

World nature conservation day was celebrated annually at H.K.College of Pharmacy. This report highlights the day, activities, and efforts taken by some students.

We the students of T.Y.Bpharm, division A of H.K.College of Pharmacy, contributed in the program celebrating world nature conservation day by creating awareness among the students about importance of our natural resources such as water and soil. We presented importance, reasons and how to conserve our natural resources. Various methods and initiatives were been shared and discussed amongst the students of our college as well as some nearby schools.

Lastly some activities were been done with the students such as quiz and their views on how to conserve our natural resources.

Acknowledgement:

I certainly appreciate the kind support of the H.K.College of Pharmacy Faculty Coordinators Mr. Nihal Shaikh sir, Mrs. Vaishali Patel Ma'am and Mrs. Shehnaaz Saksena Ma'am who was our mentor throughout the project. All the phases of our work were benefited greatly from their counsels and help.

The following points were been covered in the presentation:

INTRODUCTION:

- The World Nature Conservation Day is observed on July 28 across the world to raise awareness about protecting the natural resources.
- Planned management of natural resources such as water is called conservation.
- Nature is facing huge problems like deforestation and illegal wildlife trade on the rise.
- Swachh Bharath Abhiyaan, Project Tiger, Mangroves for the future (MFF) are some initiatives that India has undertaken to conserve nature.
- With increase in population, quality and quantity of water has begun to decline.
- According to Fresh Water Watch, water conservation is important because fresh clean water is a limited resource, as well as a costly one. Only 2.5% of Earth's water is freshwater.
- Out of which less than 1% of water is readily available for human use.
- Maximum freshwater is utilized by agricultural.
- By conserving water, we are heading towards a greener future with a move towards optimal use of resources.

Importance of Water Conservation:

- Water is essential for maintaining wetlands, rivers, and lakes which support diverse ecosystems.
- Water conservation increases the amount of fresh water available for drinking and this increases the health of the individual.
- It also leads to decrease in overhead costs for other water usage purposes such as construction, irrigation, food preparation, industrial usage among others.
- Many species rely on freshwater habitats. Water conservation helps protect these species from extinction.
- Water is crucial for agricultural and industrial sectors.
- Conservation helps ensure sustainable production.
- Water also plays an important role in reducing the overall global warming and the temperature rise.
- Conservation of water also enables the plant growth and the growth of various life beings such as insects and others. This leads to the water being important for the ecosystem.
- Everyone must promote environmental – friendly activities in their daily life to lead a green lifestyle.

METHODS OF WATER CONSERVATION :

Water conservation is crucial for ensuring a sustainable future and protecting this vital resource. Let's explore some methods to conserve water:

-RAINWATER HARVESTING : Rainwater harvesting is the collection, storage, and use of rainwater for various purposes, such as:

- a) Washing machines
- b) Toilet flushing
- c) Cleaning etc

BENEFITS:-

1. Reduces stormwater runoff and erosion
2. Decreases potable water demand
3. Lowers water bills

-DRIP IRRIGATION :- Drip irrigation, also known as micro-irrigation, is a highly efficient method of watering plants. Here are some benefits and key aspects of drip irrigation:

BENEFITS:-

1. Water conservation: Delivers water directly to the roots, reducing evaporation and runoff.
2. Increased crop yields: Provides a consistent and precise amount of water, promoting healthy growth.
3. Reduced soil erosion: Minimizes soil disturbance and erosion.

-RECYCLING AND REUSING WATER: Reusing and recycling water involves treating and reusing water for various purposes, reducing the demand on freshwater sources.

BENEFITS:-

1. Conserves freshwater resources
2. Reduces wastewater discharge into environment
3. Decreases energy consumption

-WATER EFFICIENT TECHNOLOGIES: Water-efficient technologies are innovative solutions that help reduce water consumption, conserve water resources, and mitigate the impacts of water scarcity. Some examples include:

1. Advanced irrigation systems: Precision irrigation, drip irrigation, and smart irrigation controllers.
2. Water-saving appliances: Low-flow showerheads, toilets, and faucets.
3. Greywater reuse systems: Treating and reusing wastewater for irrigation and flushing toilets.

-REDUCING WATER WASTE: Reducing water waste is a crucial step towards conserving this precious resource. Here are some effective ways to reduce water waste:

1. Fix Leaks: Fixing leaky faucets, toilets, and pipes can save up to 20 gallons of water per day.
2. Use Low-Flow Fixtures: Installing low-flow showerheads, faucets, and toilets can significantly reduce water usage.
3. Take Shorter Showers: Taking 5-minute showers can save up to 20 gallons of water per day.

-EFFICIENT WATER USE: Efficient water use is essential for conserving this precious resource. Here are some efficient water use practices:

1. Water Audits: Conduct regular water audits to identify areas of inefficiency.
2. Water-Efficient Appliances: Install water-efficient appliances, such as dishwashers and washing machines.

Case study:

Coca-Cola, one of the largest beverage companies globally, has faced criticism for its contribution to plastic pollution. In response, the company has undertaken several initiatives:

- * Sustainable packaging goals.
- * Advanced bottle to bottle recycling technologies.
- * Use of biodegradable plastics.
- * Use of reusable bottles.
- * Partnership and community programmes.

-The lifecycle of plastic bottles presents significant environmental challenges, from production to disposal.

-Efforts by companies like Coca-Cola, alongside advancements in technology and increased public awareness, are crucial to addressing the plastic waste crises.

Ways to control water conservation:

- Daily Habits: Turn off the tap while brushing teeth, or day to day activities such as use of bucket instead of shower to reduce water wastage.
- Community Involvement: Participate in local clean-up projects and water-saving initiatives such as soak pit building.
- Supporting Conservation Policies: Advocate for policies that promote sustainable water use.
- India has Tropical dry deciduous forest They thrive in harsh and highly fluctuating climates marked by low annual rainfall, 5-6 dry months per year, and nutrient-depleted soil. therefore require Afforestation i.e Extensive planting of trees to increase forest cover for water conservation.
- Planting of endangered plant species using red data book to save nature.
- Raising Awareness: Educate others about the importance of water conservation and how they can help.
- Infrastructure Improvements: Upgrading water distribution systems to prevent leaks and losses ensures that more water reaches its intended destinations.
- Policy and Regulation: Governments must enact and enforce regulations that promote water conservation, such as restrictions on water usage during droughts and incentives for water-efficient appliances.



MAHARASHTRA EDUCATIONAL SOCIETY'S
H. K. COLLEGE OF PHARMACY
 OSHWARA, JOGESHWARI (W)- 400102 NAAC ACCREDITED
 GRADE 'A' (CYCLE I)



UHV Project Report

TITLE: Eye checkup camp at Behram Baug, Jogeshwari.

Third Year B. Pharmacy
 Semester: 5th

Division: A
 Academic Year: 2023-24

SR. NO.	ROLL.NO.	STUDENT'S NAME	SIGNATURE
1	65	Ali Rizvi	<i>Ali Rizvi</i>
2	13	Nasreen Gourni	<i>Nasreen</i>
3	20	Aquib Hussain	<i>Aquib</i>
4	93	Sheha Tiwari	<i>Sheha</i>

Name of the Project Supervisor:

Principal: Dr. Tushar Lokhande

Dr. Sheela Yadav
 Dr. Sheela Yadav

Signature:

College Stamp:



Vision: To be recognized as the institution providing quality education in pharmacy to serve the healthcare sector.

OBJECTIVES:

- To provide accessible eye health services to underserved communities, including taxi drivers and economically disadvantaged individuals, ensuring early detection and treatment of common eye issues.
- To raise awareness among participants about the importance of regular eye check-ups and proper eye care practices for maintaining overall health.
- To support the well-being of taxi drivers, whose profession relies heavily on good eyesight, helping them maintain safety standards and job performance.
- To promote community health through free or affordable eye screenings and recommendations for further treatment if necessary, empowering individuals to take proactive steps toward their health.
- To offer educational resources on eye health, addressing factors like eye strain, injury prevention, and healthy vision habits specific to the lifestyle and needs of taxi drivers and low-income groups.
- To contribute to the Universal Human Value Project goals by fostering empathy, service, and community responsibility among student volunteers, supporting an inclusive and compassionate society.

INTRODUCTION:

In today's fast-paced world, where digital screens dominate much of our daily activities, taking care of our eyes has become more critical than ever. The rising dependency on technology, prolonged screen time, and environmental factors are contributing to an increase in vision-related issues among people of all ages. Yet, despite the importance of maintaining eye health, many individuals neglect regular eye checkups, either due to lack of awareness, accessibility issues, or simply procrastination. This is where Eye Checkup Camp comes in—a revolutionary platform designed to provide easy, convenient, and comprehensive eye care services. Eye Checkup Camp is not just a service but a commitment to improving vision health across communities. It aims to bridge the gap between high-quality eye care and the average person, ensuring that eye checkups are accessible, affordable, and user-friendly. Through this service, Eye Checkup Camp brings state-of-the-art eye examination tools to individuals, empowering them to monitor and maintain

Vision: To be recognized as the institution providing quality education in pharmacy to serve the healthcare sector.

their eye health without the usual barriers that typically prevent people from seeking professional care. Whether it's for a routine checkup, early detection of vision issues, or managing long-term eye conditions, Eye Checkup Camp offers an innovative solution to help people keep their eyes in optimal condition.

This introduction outlines the core philosophy of Eye Checkup Camp, its features, and the value it brings to users. By highlighting its mission, services, and the significance of regular eye checkups, this section will delve into how Eye Checkup Camp is transforming eye care and making it more accessible for everyone.

1. The Importance of Eye Health:

Eye health is often overlooked, but it is an essential aspect of overall well-being. Vision problems can affect every area of life—from reading and driving to working and enjoying recreational activities. A significant number of people experience common eye issues such as near-sightedness (myopia), farsightedness (hyperopia), astigmatism, and presbyopia. More serious conditions, such as glaucoma, cataracts, and age-related macular degeneration (AMD), can also threaten eyesight, leading to permanent vision loss if not detected early. Unfortunately, many people don't realize the importance of preventive care for their eyes until it's too late.

Regular eye checkups are vital for detecting potential vision problems before they progress. Early detection not only allows for prompt treatment but also helps in managing existing conditions more effectively. Routine eye exams can catch issues that might otherwise go unnoticed, such as subtle changes in vision, eye strain, or underlying conditions like diabetes, which often have early symptoms that affect eyesight. The American Optometric Association (AOA) recommends that individuals have their eyes checked every two years, or more often if they experience issues or have a family history of eye disease. However, despite these recommendations, studies show that many individuals skip regular checkups, either due to lack of time, finances, or awareness.

2. Challenges faced by in Accessing Eye Care:

The need for eye care is universally recognized, but there are significant barriers that prevent many people from receiving the care they need. Access to eye care professionals can be limited by location, especially in rural or underserved areas where optometrists and ophthalmologists may be scarce. Even in more developed regions, busy lifestyles and financial constraints can make it difficult for individuals to take time out of their schedules to visit an eye care clinic. Additionally, traditional eye exams often require appointments that can be difficult to secure, long waiting times, and the inconvenience of commuting to a clinic. Some people also find eye exams intimidating or complex, resulting in reluctance to seek professional care regularly. These challenges can lead to delayed diagnosis, worsening conditions, or the complete avoidance of eye-care altogether.

3. The Solution: Eye Checkup Camp:

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Eye Checkup Camp was created to address these gaps and bring vision care directly to people's doorsteps, making the process of eye exams more efficient and accessible. By offering virtual and in-home eye checkup solutions, the platform enables individuals to undergo eye examinations without the hassle of traveling to a clinic or dealing with long waiting times. Eye Checkup Camp offers a range of services designed to cater to various needs, from simple eye tests to comprehensive eye health screenings. The core of Eye Checkup Camp is its use of advanced technology to facilitate remote eye checkups. Through an easy-to-use app or website, users can take an initial self-assessment or schedule a virtual consultation with licensed optometrists or ophthalmologists. Using specialized diagnostic tools such as high-definition cameras, retinal scans, and other cutting-edge equipment, the platform provides accurate eye exams and assessments from the comfort of the user's home. This makes it easier for people to detect early signs of eye conditions, receive timely consultations, and obtain prescriptions for corrective lenses without stepping foot in a physical clinic.

4. Key Features of Eye Checkup camp:

- **Convenience and Accessibility:**

One of the standout features of Eye Checkup Camp is its ability to offer consultations and exams remotely. Users can schedule an eye checkup at a time that suits them, without the need to travel or take time off work. This flexibility ensures that eye health checks become a routine part of life, without disrupting busy schedules.

- **Comprehensive Eye Exams:**

Eye Checkup Camp offers a range of tests that cover various aspects of eye health. From basic vision tests that check for near-sightedness and farsightedness to more specialized exams for detecting conditions like glaucoma and cataracts, the service covers a broad spectrum of needs. The platform ensures that no aspect of eye health is overlooked.

- **Professional Expertise:**

The platform connects users with qualified eye care professionals, including licensed optometrists and ophthalmologists. Users can rest assured that their eye exams are being conducted by trained experts who can offer professional advice and accurate diagnoses.

- **Affordable Care:**

Eye Checkup Camp seeks to make eye care more affordable by offering competitive pricing for its services. Additionally, it often partners with insurance providers to help reduce out-of-pocket costs for users, making eye health more accessible to a larger audience.

- **Education and Awareness:**

The platform is not just about providing services but also about educating users on the importance of eye health. Through informative articles, tutorials, and reminders, Eye Checkup Camp empowers individuals to make informed decisions about their vision care and adopt healthier eye habits.

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5. The Impact of Eye Checkup Camp:

The integration of technology in healthcare, especially for eye care, is changing how individuals approach their vision health. Eye Checkup Camp is part of a larger movement to democratize healthcare by removing barriers to access and making essential services more efficient and convenient. The ease of scheduling eye checkups, the ability to monitor eye health remotely, and the overall affordability of the service make Eye Checkup Camp a game-changer in the world of eye care. By utilizing these innovations, Eye Checkup Camp not only helps people maintain their vision but also contributes to broader public health efforts. Early detection of eye diseases, such as glaucoma or diabetic retinopathy, can prevent severe complications like blindness, ultimately improving the quality of life for countless individuals. Eye Checkup Camp is redefining the way people access eye care, making regular eye checkups more convenient, affordable, and accessible. As more people turn to digital platforms for their healthcare needs, services like Eye Checkup Camp are proving that innovation can lead to better health outcomes. By empowering individuals to take charge of their eye health, the platform is playing a key role in enhancing public awareness and ensuring that eye care is no longer a luxury but a fundamental aspect of personal well-being. Through Eye Checkup Camp, individuals can now take proactive steps to protect their eyesight and improve their quality of life—without the barriers that traditionally hindered access to vision care. Whether it's for a simple checkup or ongoing management of eye conditions, Eye Checkup Camp is a trusted ally in the journey to better vision health.

PICTURE AND IMAGES OF CAMPAIGN:



BROCHURE:

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SUMMARY

HK College of Pharmacy organized a comprehensive eye checkup camp at Behram Baug, Jogeshwari (W), starting at 10:00 am, as part of their community outreach and health awareness initiatives. This free camp was aimed at providing accessible eye care to the local residents, especially those who may not have regular access to such services. A team of experienced optometrists and dedicated student volunteers from the college came together to offer thorough eye examinations, screening for common vision issues such as refractive errors, cataracts, glaucoma, and other eye conditions. Each participant received a personalized consultation based on their test results, with helpful advice on maintaining eye health. Additionally, they distributed informational brochures on eye care, emphasizing the importance of regular checkups, a balanced diet, and protective eyewear. The camp also helped identify individuals who required further treatment or corrective measures, and these participants were referred to nearby hospitals or clinics for follow-up care. The event was well-received, with a significant turnout from the community, demonstrating both the need for accessible healthcare services and the college's commitment to social responsibility. The success of the event was evident in the positive feedback from attendees, who expressed their gratitude for the valuable services provided free of charge. This eye checkup camp not only highlighted the importance of proactive health checks but also strengthened the bond between HK College of Pharmacy and the Jogeshwari community. The college expressed its gratitude towards all the staff and volunteers who contributed to making the camp successful and reiterated its dedication to supporting community health through such initiatives in the future.

OUTCOME OF WORK:

1. Enhanced Community Awareness and Education on Eye Health:

One of the most significant outcomes was the improvement in community awareness regarding eye health. Through one-on-one consultations and educational materials distributed at the camp, attendees gained valuable knowledge about how lifestyle, diet, and regular eye checkups can play a role in maintaining healthy vision. Participants were encouraged to adopt simple daily practices, such as reducing screen time, wearing sunglasses outdoors, and eating a diet rich in vitamins, to help protect their eyes. This increased awareness is likely to encourage a proactive approach to eye health in the community.

2. Early Detection and Intervention for Eye Conditions:

The camp successfully identified numerous cases of eye issues that might have gone undetected otherwise. Refractive errors, common in both children and adults, were diagnosed, and advice on corrective lenses was given. Additionally, screenings helped detect early signs of cataracts, glaucoma, and diabetic retinopathy—conditions that, if untreated, could lead to severe vision loss. By catching these issues early, participants now have the chance to seek treatment before their

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conditions worsen, which can significantly improve quality of life and reduce the potential burden on healthcare services in the future.

3. Referrals to Specialized Eye Care Facilities:

For individuals with complex eye conditions that required specialized care, referrals were provided to nearby hospitals and eye clinics. This referral system ensured that each participant could access appropriate follow-up treatment, which is particularly beneficial for low-income residents who might otherwise struggle to obtain these services. By connecting attendees to affordable or low-cost facilities, HK College of Pharmacy helped bridge a gap in the healthcare system for underprivileged residents.

4. Strengthened Community Trust and Engagement:

The camp helped build a strong bond between HK College of Pharmacy and the Jogeshwari community, fostering trust and goodwill. The fact that the college organized and delivered these services free of charge underscored its commitment to community welfare, which was appreciated by attendees. This initiative showed residents that the college values their health and well-being, creating a foundation for lasting engagement and mutual respect between the institution and the local population.

5. Increased Access to Eye Care for Vulnerable Groups:

The camp specifically targeted vulnerable groups, including elderly residents, women, children, and low-income families who often face barriers to accessing eye care. By bringing healthcare services directly to the community, the college removed common obstacles like cost, transportation, and time constraints, ensuring that even the most underserved residents could benefit from eye checkups. This inclusive approach is critical for promoting equity in healthcare access.

6. Hands-on Learning and Service Experience for Students and Volunteers:

For students and volunteers from HK College of Pharmacy, the camp provided a valuable opportunity to apply their skills and gain hands-on experience in community healthcare. They practiced patient interaction, learned about the practical aspects of organizing a health camp, and developed a greater sense of social responsibility. This experience will likely shape their professional outlook and inspire them to continue participating in community health initiatives as future healthcare professionals.

7. Empowerment through Knowledge and Preventive Practices:

The camp empowered residents with the knowledge to maintain good eye health independently. Tips shared on preventing common eye issues, such as managing screen time and practicing good hygiene to avoid eye infections, were simple yet impactful. This

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empowerment is a long-term benefit, as it instills confidence in participants to manage their health proactively and possibly share this knowledge with family and friends.

8. Promotion of Regular Eye Screenings as a Norm:

By holding this camp, HK College of Pharmacy also promoted the concept of regular eye checkups, which many residents may not have considered before. Participants were encouraged to view eye exams as a routine part of their healthcare, just like regular physicals. This shift in mindset could lead to better long-term eye health within the community, as individuals prioritize periodic screenings even when they feel their vision is normal.

G. Demonstration of HK College of Pharmacy's Commitment to Public Health:

The success of the camp highlighted HK College of Pharmacy's dedication to social responsibility and public health. The college not only demonstrated its willingness to go beyond academic training by serving the community but also set an example for other institutions. This visible commitment reinforces the college's standing as a responsible and socially aware educational institution.

10. Encouragement for Future Community Health Initiatives:

The positive response and outcomes from this camp have encouraged HK College of Pharmacy to explore other health initiatives that address different healthcare needs in Jogeshwari and nearby areas. Given the appreciation from attendees, the college is considering expanding its outreach to include more specialized camps, such as those focused on diabetes, hypertension, and dental health, further broadening its impact on community health. In summary, the eye checkup camp held by HK College of Pharmacy not only addressed immediate eye care needs but also fostered greater health awareness, empowered the community with preventive practices, and laid the groundwork for ongoing collaboration between the college and the residents. This initiative underscored the importance of accessible healthcare and highlighted the college's role as a positive force in public health.

COURSE OUTCOME:

- **Improved access:** Eye camps provide better access to eye care services for underserved communities.
- **Early detection:** Eye camps help detect eye conditions early, such as cataracts, glaucoma, and age-related macular degeneration.

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- **Treatment:** Eye camps provide medical treatment for eye ailments.
- **Awareness:** Eye camps raise awareness about eye care and eye disorders.
- **Education:** Eye camps provide health education about eye care.
- **Community support:** Eye camps can foster community support.
- **Economic empowerment:** Eye camps can contribute to economic empowerment.
- **Reduced visual impairment:** Eye camps can reduce visual impairment.
- **Enhanced productivity:** Eye camps can enhance productivity.

FUTURE SCOPE:

1. Expanding Reach and Impact:

- **Targeting Underserved Populations:** Focus on reaching remote areas, marginalized communities, and low-income populations who may lack access to regular eye care.
- **Partnering with NGOs and Community Organizations:** Collaborate with these organizations to identify vulnerable groups and facilitate outreach efforts.
- **Leveraging Technology:** Utilize telemedicine and mobile eye screening units to reach even more individuals in remote areas.

2. Enhancing Services and Technology:

- **Advanced Screening Technologies:** Incorporate cutting-edge technologies like artificial intelligence and machine learning for early detection of eye diseases.
- **Specialized Services:** Offer specialized services like glaucoma screening, diabetic retinopathy screening, and paediatric eye care.
- **Post-Camp Follow-up:** Establish a robust system for follow-up care, including referrals to specialists and providing affordable treatment options.

3. Promoting Eye Health Awareness:

- **Educational Campaigns:** Conduct awareness campaigns about common eye problems, preventive measures, and the importance of regular eye checkups.
- **Interactive Workshops:** Organize workshops for schools, workplaces, and community centers to educate people about eye health.
- **Social media and Digital Platforms:** Utilize social media to disseminate information and engage with the public.

4. Sustainability and Long-Term Impact:

- **Data-Driven Insights:** Collect and analyse data from eye camps to identify trends and inform future strategies.

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- **Capacity Building:** Train local healthcare professionals to provide quality eye care services in their communities.

- **Sustainable Partnerships:** Build long-term partnerships with government agencies, NGOs, and corporate organizations to ensure the sustainability of eye care initiatives. By focusing on these areas, eye checkup camps can play a crucial role in preventing blindness, improving vision, and enhancing the overall quality of life for individuals and communities.

ACKNOWLEDGEMENTS:

We express our heartfelt gratitude to our college administration for providing the necessary facilities and resources to organize this eye check-up camp. Their support made it possible to extend essential healthcare services to taxi drivers and economically disadvantaged individuals at Behram Baug, Jogeshwari. Our sincere thanks go to our project supervisor, Dr. Sheela Yadav, whose invaluable guidance and encouragement were crucial in planning and executing this initiative effectively. Also, we would like to thank and our Respected Principal sir, Dr. Tushar Lokhande, to provide us such opportunity for our personality building so that we learn the Essential Human values. Their insights and dedication inspired us to deliver our best efforts in every aspect of this event. We would also like to extend our appreciation to the Department of Lifelong Learning Extension (DLLE) unit and the Extension & Outreach Committee for their collaboration and commitment to the cause. Their involvement helped us bring high-quality eye checkup services to the community and made this project a success. Lastly, we acknowledge the enthusiastic participation of the volunteers and community members, whose collective efforts contributed to the impactful delivery of the Universal Human Value Project.

| THANK YOU! |

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MAHARASHTRA EDUCATIONAL SOCIETY'S
**H. K. COLLEGE OF
PHARMACY**



OSHIWARA, JOGESHWARI (W)- 400102

UHV Project Report

TITLE: menstrual hygiene awareness

Third Year B. Pharmacy

Academic Year: 2023-24

SR. NO.	ROLL.NO.	STUDENT'S NAME	SIGNATURE
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Principal: Dr. Tushar Lokhande

Signature:

College Stamp:



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INTRODUCTION:

Menstrual hygiene is a fundamental aspect of women's health that often remains inadequately addressed, especially in underserved communities. This lack of attention can lead to severe health issues and perpetuate social stigma around menstruation. Recognizing this gap, we organized a menstrual hygiene awareness campaign at an orphanage housing approximately 20 girls aged 10 to 18. The aim was to educate these young girls about menstrual health, dispel myths, and promote healthy practices to ensure their well-being.

The orphanage provided an ideal setting for this initiative, as many of the girls had limited access to comprehensive health education. The campaign was designed to be engaging and informative, addressing both the biological aspects of menstruation and the social challenges associated with it. By fostering an open and supportive environment, we hoped to empower the girls with knowledge and confidence, enabling them to manage their menstrual health effectively.

OBJECTIVE OF THE WORK:

The primary objective of the campaign was to empower the girls with essential knowledge and practical skills related to menstrual hygiene.

The specific goals included:

1. **Educating about the Menstrual Cycle:** Providing a clear understanding of the menstrual cycle, including the physiological changes that occur and the reasons behind them.
2. **Introducing Menstrual Products:** Demonstrating the proper use of various menstrual products such as sanitary pads, tampons, and menstrual cups, and discussing their advantages and disadvantages.
3. **Dispelling Myths and Misconceptions:** Addressing common myths and misconceptions about menstruation to foster a more accurate and positive understanding.
4. **Promoting Best Hygiene Practices:** Teaching best practices for maintaining menstrual hygiene, including personal cleanliness and proper disposal of menstrual products.
5. **Creating a Supportive Atmosphere:** Encouraging open discussions about menstrual health to reduce stigma and build a supportive community among the girls.

By achieving these objectives, the campaign aimed to enhance the girls' confidence, promote a healthy approach to menstrual management, and reduce the stigma associated with menstruation.

AWARENESS OF MENSTRUAL HYGIENE:

To ensure the campaign was both informative and engaging, a combination of educational and interactive methods was employed:-

1. **Educational Sessions:-**Interactive sessions were conducted to explain the menstrual cycle and the female reproductive system. Using visual aids and age-appropriate language, we discussed the hormonal changes and physiological processes involved in menstruation. The sessions aimed to demystify menstruation and provide a clear understanding of what happens during each phase of the cycle.
2. **Product Demonstrations:-** Various menstrual products, including disposable and reusable pads, tampons, and menstrual cups, were introduced. Detailed demonstrations on how to use each product correctly were provided, along with discussions on their respective pros and cons. The goal was to equip the girls with the knowledge to choose and use the products that best suited their needs.
3. **Hygiene Practices:-**Emphasis was placed on maintaining personal hygiene during menstruation. We covered the importance of regular washing, changing sanitary products frequently, and proper disposal methods. Practical demonstrations on how to wash hands before and after handling menstrual products were also provided. The girls were encouraged to maintain a clean and hygienic environment to prevent infections and other health issues.
4. **Resource Distribution:-**Some donations were made on the behalf of the whole college for the welfare of the girls. The posters and charts were designed to be easy to understand and included illustrations to aid comprehension.

DISEASES CAUSED ON NEGLIGENCE OF MENSTRUAL HYGIENE:

Poor menstrual hygiene can lead to a variety of health issues, some of which can be quite serious. Here is a list of diseases and conditions that may occur due to inadequate menstrual hygiene:

1. Reproductive Tract Infections (RTIs)

- Bacterial Vaginosis (BV): An imbalance in the vaginal bacteria, often caused by poor hygiene practices.
- Yeast Infections: Overgrowth of Candida, leading to itching, burning, and discharge.
- Cervicitis: Inflammation of the cervix, which can result from infections or irritation due to poor hygiene.

2. Urinary Tract Infections (UTIs)

- Infections of the urinary system, which can be caused by bacteria entering the urinary tract due to improper wiping or not changing menstrual products frequently.

3. Pelvic Inflammatory Disease (PID)

- An infection of the female reproductive organs, often resulting from sexually transmitted infections that can be exacerbated by poor menstrual hygiene.

4. Toxic Shock Syndrome (TSS)

- A rare but life-threatening condition caused by bacterial toxins, often associated with prolonged use of tampons or other absorbent products.

5. Contact Dermatitis

- Skin irritation and inflammation resulting from contact with menstrual products that are not changed frequently enough.

6. Fungal Infections

- Infections caused by Endometriosis Complications
- fungi, such as Candida, which thrive in moist and warm environments like those created by poor menstrual hygiene.

7. Cervical Cancer

- While poor menstrual hygiene is not a direct cause, chronic infections and inflammation can contribute to conditions that may increase the risk of cervical cancer.

8. Vulvovaginitis

- Inflammation of the vulva and vagina, often caused by infections or irritants associated with poor hygiene practices.

9. Anemia

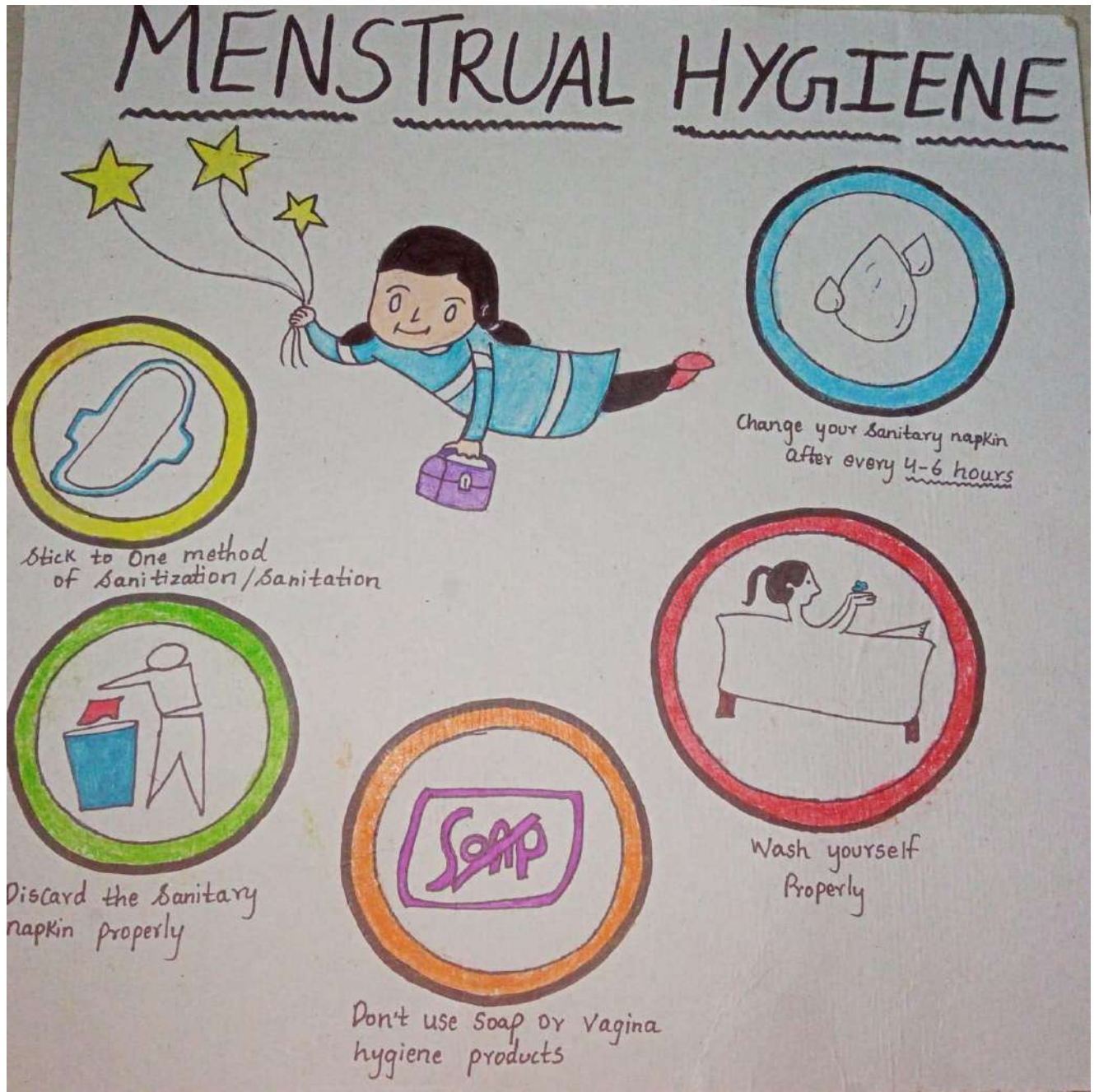
- Heavy menstrual bleeding due to inadequate management and care can lead to iron-deficiency anemia.

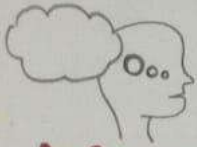
PREVENTION STRATEGY:

Promoting comprehensive menstrual hygiene involves not only the use of appropriate products but also adopting healthy lifestyle practices. During the campaign, we covered several key aspects:

1. **Personal Hygiene:** We stressed the importance of maintaining cleanliness during menstruation. This includes washing the genital area with clean water and mild soap, changing sanitary products every 4-6 hours, and wearing clean, breathable underwear. Emphasis was placed on the need for regular bathing and avoiding the use of harsh chemicals or scented products in the genital area.
2. **Diet and Hydration:** A balanced diet rich in vitamins and minerals can help alleviate menstrual symptoms. We advised the girls to consume plenty of fruits, vegetables, and water to stay hydrated and maintain overall health. Specific dietary recommendations included increasing iron-rich foods to combat menstrual blood loss and incorporating foods high in fiber to prevent constipation.
3. **Exercise and Rest:** Regular physical activity can help reduce menstrual cramps and improve mood. We encouraged the girls to engage in light exercises, such as walking or stretching, and ensure they get adequate rest during their periods. Information on specific exercises that can help alleviate menstrual pain was also provided.
4. **Mental Health:** Menstruation can affect emotional well-being. We discussed the importance of managing stress and seeking support when needed. Building a supportive network among peers can provide emotional comfort and reduce feelings of isolation. Techniques for managing stress, such as deep breathing exercises and mindfulness practices, were introduced to help the girls cope with emotional changes during menstruation.

POSTERS:





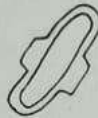
- Why ?
- How ?
 - ↳ What should to do
 - ↳ What should to use
- How to dispose after use.
- problems occur if not maintained.

HYGIENIC MENSTRUATION N-FOR HEALTH AND DIGNITY

Which Products can be used during menstruation?



Sanitary Napkins



Biodegradable pad



Tampons



Menstrual CUPS

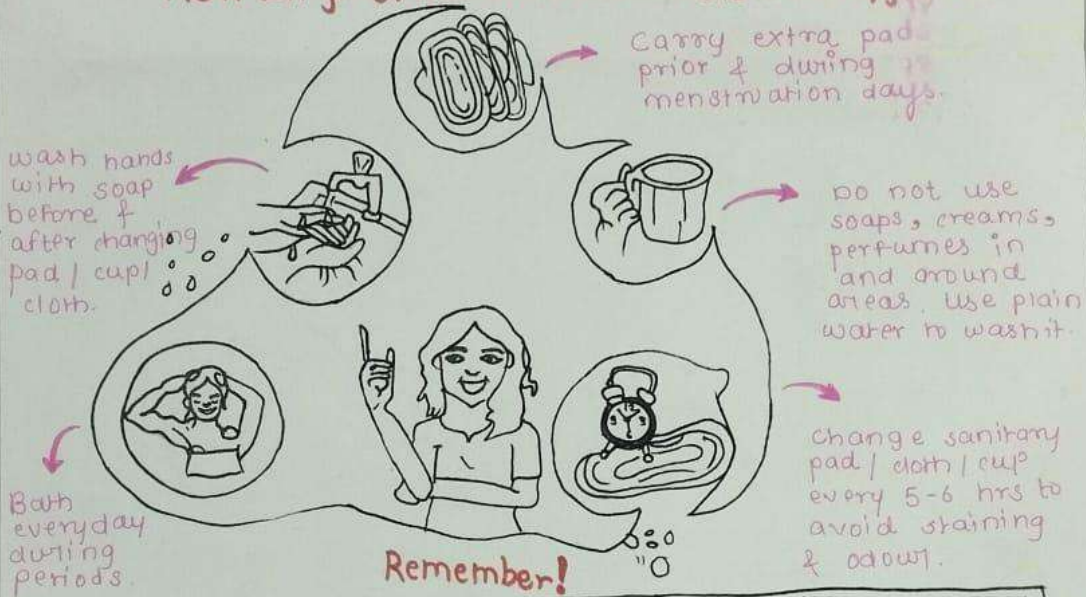


Reusable cloth pad



Clean and hygienic cloth

How can girls/women maintain menstrual hygiene?



Remember!

Encourage Your family and Peers to Comfortable environment to share things about menstruation



Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!